

ONE WEEK

Meal Plan

KETO / LOW CARB

M

Breakfast : 2 boiled eggs, 3 rashers bacon, 1/2 cup mushrooms
Lunch: Salad made with lettuce, cucumber, tomato & halloumi cheese
Dinner: Grilled Chicken Breast with cauliflower mash & Roasted Vegetables (Mixture of Pumpkin, peppers, onions & Zucchini)

T

Breakfast : 2 egg omelette(Filled with cheese, mushrooms & Chorizo)
Lunch: 1 - 2 Cup greek salad
Dinner: Pork fillet stir fry served with cauliflower rice

W

Breakfast : 2 eggs scrambled sprinkled with cheese and cooked sausage
Lunch: Small platter with salami, cheese, 1/2 avocado
Dinner: Low carb broccoli & Cheese soup

T

Breakfast : Half an avocado filled with tuna mixed with remainder 1/2 mashed avo, onions & tomato.
Lunch: Salad made with cucumber, olives, tomatoes, red onion & feta
Dinner: Grilled steak with large salad made with lettuce, cucumber & tomato

F

Breakfast : Roasted Large portabella mushroom filled with egg & sprinkled with cheese.
Lunch: 1 - 2 Cup greek salad
Dinner: No Bun Hamburger with low carb Mayonaise

S

Breakfast : 2 egg omelette filled with trout & cream cheese
Lunch: Salad made with lettuce, cucumber, tomato & halloumi cheese
Dinner: Cauliflower pizza topped with mushrooms, onion & cheese

S

Breakfast : 2-3 Scrambled eggs and 2 rashers of bacon
Lunch: Grilled chicken salad
Dinner: Grilled fish with large salad made with lettuce, cucumber & tomato