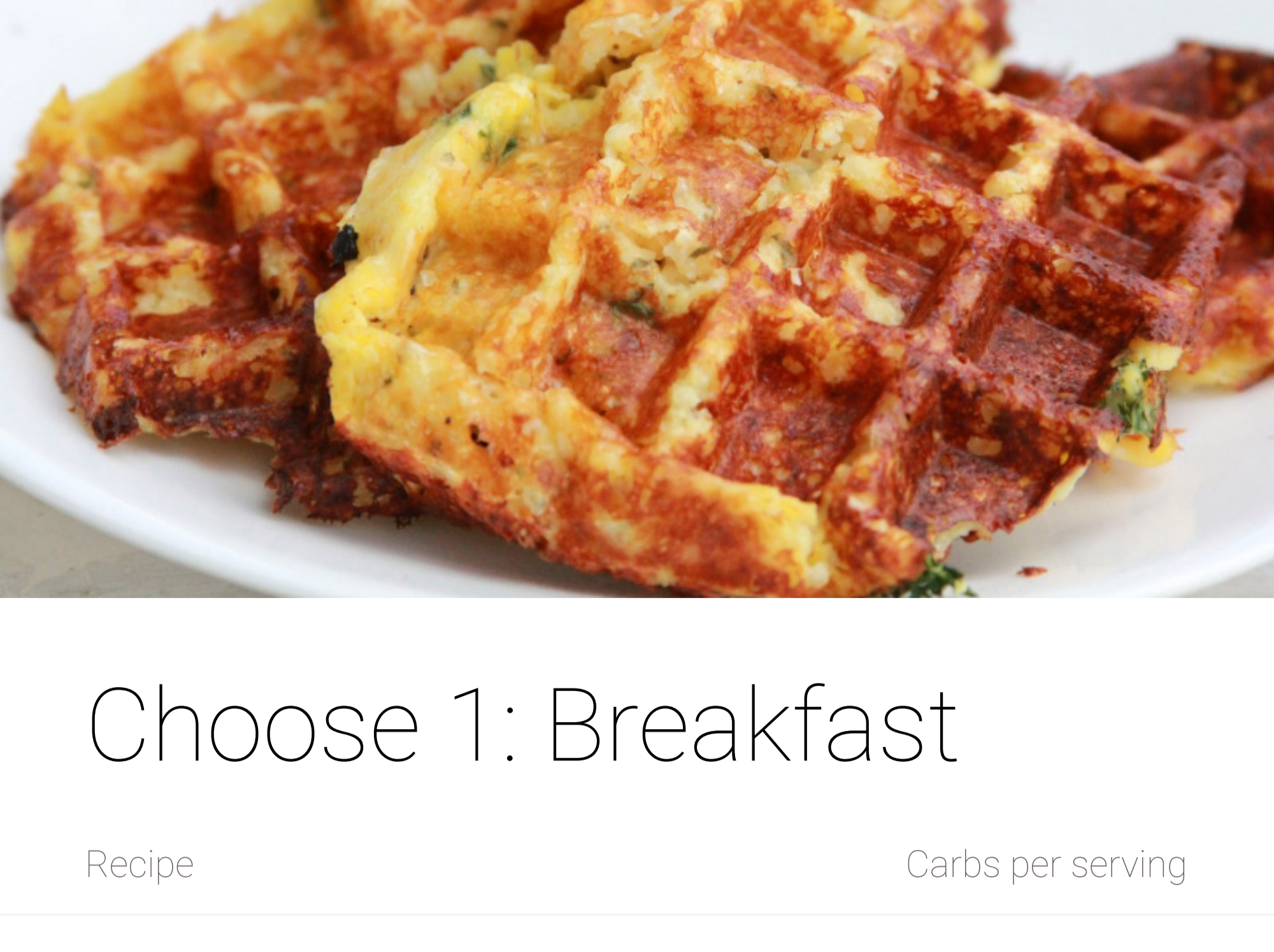
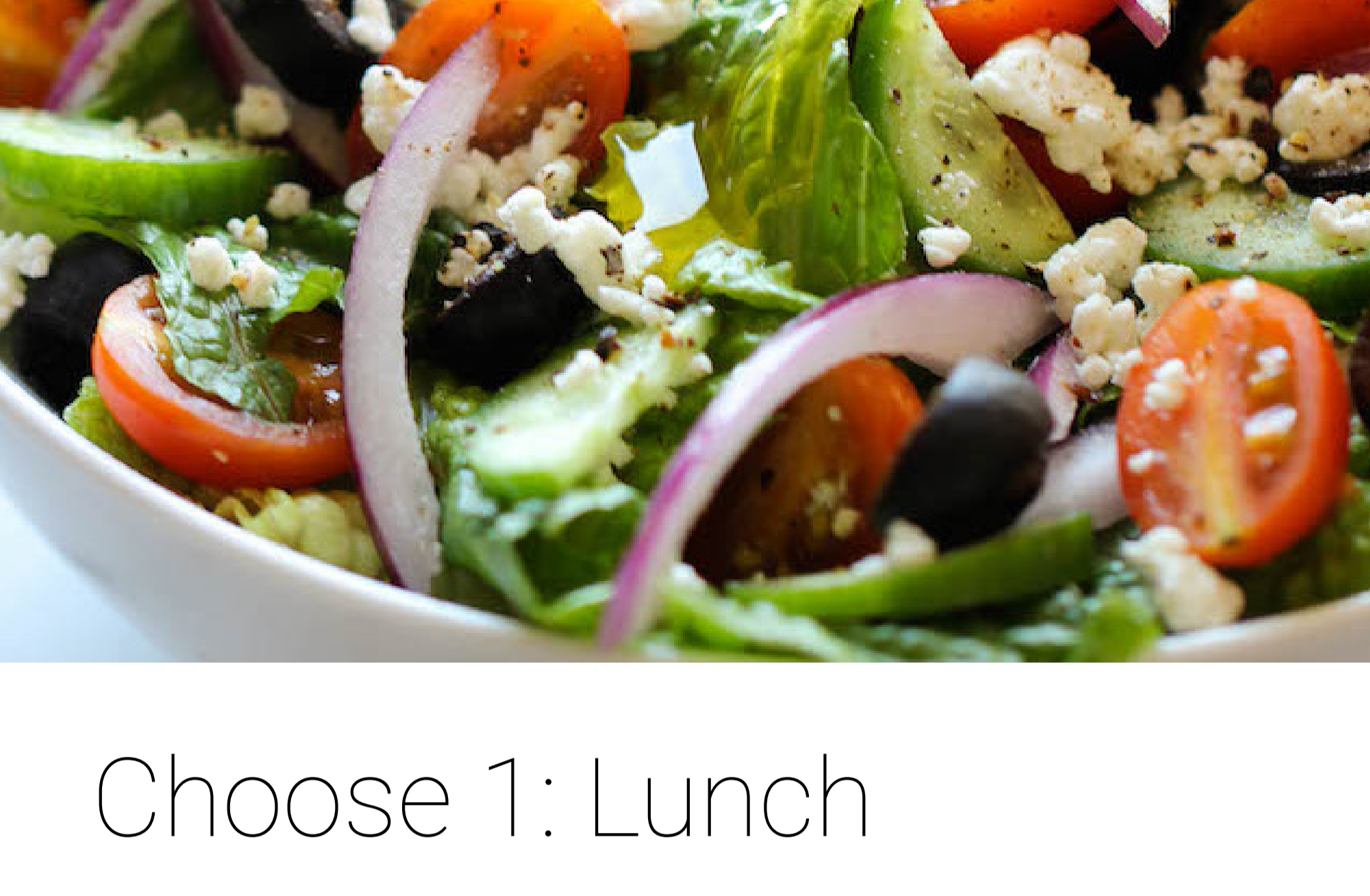


7-day Low Carb Meal Plan



Choose 1: Breakfast

Recipe	Carbs per serving
Spinach and Mushroom Crustless Mini Quiches	0 g
Breakfast Burrito	17 g
Healthy Breakfast Stack	2 g
Root Vegetable Hash with Bacon	11 g
Healthy Eggs Benedict	2 g
Savory Cheese Chive Waffles	3 g
Mexican-Style Egg White Poppers	9 g



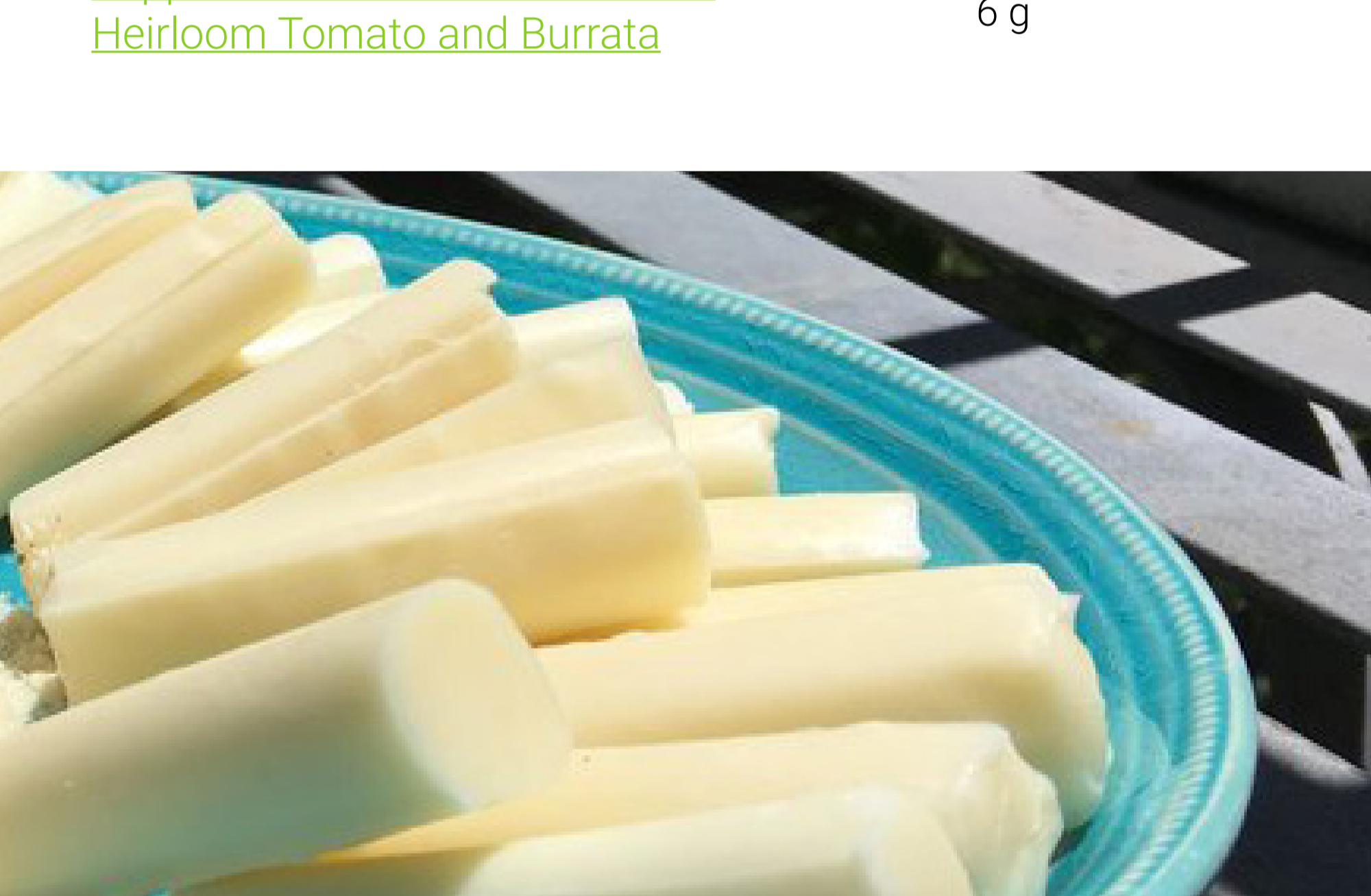
Choose 1: Lunch

Food	Carbs per serving
Zoodles and Meatballs	23 g
Thai Chicken Lettuce Wraps	3 g
Bacon Wrapped Mini Meatloaves	1 g
Grilled Zucchini Salad	9 g
Broccoli Salad	5 g
Tuna Salad in Lettuce Cups	5 g
Greek Salad	16 g



Choose 1: Dinner

Food	Carbs per serving
Stuffed Zucchini	9 g
Fish with Garlic and Ginger	1 g
Southwestern Chicken Salad w/ Bacon & Avocado	2 g
BLT Chopped Salad	4 g
Stuffed Bell Peppers	13 g
Mexican Baked Chicken	5 g
Pepper Crusted Steak Salad with Heirloom Tomato and Burrata	6 g



Snacks

If you are hungry between meals, choose a low carb snack that is full of protein and healthy fats. Some great examples are hard boiled eggs, string cheese, full fat cottage cheese, whole milk yogurt, sliced cucumber and turkey roll ups, celery sticks with no sugar added peanut butter, raw bell pepper sticks and hummus, or carrots with ranch dressing. These foods will satisfy hunger without causing a blood sugar surge.

To keep blood sugars in check between meals, avoid breads and other grain products like cereals, crackers, chips and granola bars. Also avoid fruits, sweets, baked goods, pastries, and sugary beverages like juice, specialty coffee drinks, and soda.



We're in this together.

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