

SAMPLE 14-DAY LOW CARB DIET MENU PLANNER

	Breakfast	Snack	Lunch	Dinner
Week 1				
DAY 1	Omelet with tomatoes and peppers	Mixed berries fruit salad	Greek salad with feta cheese	Pork and mushrooms kebab
DAY 2	Ham and asparagus omelet	Greek yogurt	Green peas and chicken salad with some olive oil	Salmon with butter and vegetables
DAY 3	Eggs with shredded cheese, fried in butter or coconut oil	Chocolate mousse	Smoothie with coconut milk, berries, chocolate-flavored protein powder, and almonds	BBQ chicken with green beans
DAY 4	Cottage cheese with various berries	A hard-boiled egg	Celery and tuna salad	Pork tenderloin and tomato salad
DAY 5	Omelet with spinach and ham	Baby carrots with cottage cheese	Greek yogurt with berries, coconut flakes and a handful of walnuts	Grilled chicken with garlic and lime juice
DAY 6	Eggs sunny side up with spinach puree	Cantaloupe salad	Chicken salad with some olive oil	Cheesy meatballs with braised vegetables
DAY 7	Asparagus omelet with goat cheese and sausages	A handful of nuts	Tuna and cheese wrap	Grilled chicken wings with some raw spinach on the side
Week 2				
DAY 8	Omelet with zucchini and salsa	Celery sticks with peanut butter	Ham and bean soup	Cheeseburger (no bun), served with vegetables and salsa sauce
DAY 9	Scrambled eggs and sausages	Low carb pumpkin muffin	Grilled chicken lettuce wrap with tomatoes and onions	Salmon with creamy lemon dill sauce and spinach
DAY 10	Spinach omelet with Greek cheese	Broccoli with cream cheese dip	Shrimp salad with some olive oil	Pork chops with steamed vegetables
DAY 11	Hard-boiled eggs with bacon and some berries	Some cheese and meat slices	Beef and vegetable stew	Mushrooms and blue cheese stuffed chicken breast
DAY 12	Bacon and eggs sunny side up	Turkey, avocado and hummus roll-up	Vegetarian minestrone soup	Steak with vegetables and black beans
DAY 13	Greek omelet	Low carb cheesecake	Cucumber and tomato salad with a handful of almonds	Smoked mackerel with avocado salad
DAY 14	Bacon, sausage and eggs	Raw vegetables with baba ghanoush dip	Steak with sweet potato fries	Grilled chicken wings with mustard and coleslaw