Low Carb Meal Plan

High protein, low carb recipes to help you reach your lean body goals.

DAY 1

BREAKFAST

CHOCOLATE PEANUT BUTTER GREEK YOGURT

55% PROTEIN | 25% FAT | 20% CARBS
251 CALORIES

LUNCH

STRAWBERRY CHICKEN SALAD

45% PROTEIN | 42% FAT | 13% CARBS
542 CALORIES

DINNER

ZOODLES & STEAK

46% PROTEIN | 38% FAT | 16% CARBS
581 CALORIES

SNACK

SIMPLE SNACK

47% PROTEIN | 40% FAT | 13% CARBS
333 CALORIES

DAY 2

BREAKFAST

CANADIAN BACON EGG CUPS

51% PROTEIN | 39% FAT | 10% CARBS
306 CALORIES

LUNCH

TACO SALAD

47% PROTEIN | 35% FAT | 18% CARBS
468 CALORIES

DINNER

SASHIMI STIR FRY

46% PROTEIN | 38% FAT | 16% CARBS
435 CALORIES

SNACK

NEXT-LEVEL TUNA SALAD

42% PROTEIN | 43% FAT | 15% CARBS
275 CALORIES

DAY 3

BREAKFAST

BREAKFAST: BETTER-THAN-DENVER OMELETTE

50% PROTEIN | 39% FAT | 11% CARBS
254 CALORIES

LUNCH

ARTISAN ROAST BEEF WRAP

55% PROTEIN | 30% FAT | 15% CARBS
494 CALORIES

DINNER

CHICKEN CURRY

46% PROTEIN | 34% FAT | 20% CARBS
581 CALORIES

SNACK

ADULTING AFTER SCHOOL SNACK

48% PROTEIN | 29% FAT | 23% CARBS
300 CALORIES

DAY 4

BREAKFAST

FRUITY KALE SMOOTHIE

49% PROTEIN | 36% FAT | 15% CARBS
258 CALORIES

LUNCH

PORK TENDERLOIN KALE SALAD

46% PROTEIN | 34% FAT | 20% CARBS
333 CALORIES

DINNER

LETTUCE WRAPS

46% PROTEIN | 35% FAT | 19% CARBS
502 CALORIES

SNACK

LOW CARB SNACK PLATTER

39% PROTEIN | 43% FAT | 18% CARBS
310 CALORIES

DAY 5

BREAKFAST

SAUSAGE WITH POWER GREENS AND PROTEIN SHAKE

45% PROTEIN | 36% FAT | 19% CARBS
284 CALORIES

LUNCH

SOUP AND SALAD

42% PROTEIN | 42% FAT | 16% CARBS
489 CALORIES

DINNER

LOW CARB CHILI + SIDE SALAD

45% PROTEIN | 38% FAT | 17% CARBS
543 CALORIES

SNACK

ON THE GO SHAKE AND JOE

59% PROTEIN | 28% FAT | 13% CARBS
235 CALORIES

100 calories plus up: 1.5 oz turkey jerky and 3 oz grilled, skinless chicken breast, and 1 hard boiled egg + 1 cup baby carrots **200 calories plus up:** 3 oz boiled shrimp + 1 Tbsp cocktail sauce + 10 cheddar cheese cubes and 1c shredded carrots sauteed with 1 Tbsp sesame seed oil, fresh ginger & 3oz tofu **300 calories plus up:** 1 ZonePerfect Carb Wise shake, any flavor + ¼ cup deluxe mixed nuts **Smoothie:** 2 scoops CarbWise Fruity Cereal protein powder blended with 1 handful leafy greens + 1 cup unsweetened nut milk + sprinkle of berries