

verywell fit 7-Day Low Carb Meal Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Spinach and Cheese Omelet with Strawberries	Cottage Cheese with Blueberries and Walnuts	Mozzarella and Spinach Egg Scramble with Tomato	Baked Egg Cups	Spinach and Cheese Omelet with Cucumbers	Berry Nutty Smoothie	Low-Carb Overnight "Oats"
Snack	Cucumbers with Ranch Dressing	Breakfast Shake	Tuna Salad Lettuce Wrap	Pistachios and an Orange	Chia Pudding with Mixed Berries	Edamame and Almonds	Cottage Cheese, Cereal, and Walnuts
Lunch	Tuna Salad with Mixed Green Salad	Grilled Salmon with Flaxseeds and Mixed Green Salad	Bunless Hamburger and Mixed Green Salad	Portobellos with Chopped Chicken and Tomato Avocado Salad	Beef Stirfry with Cauliflower Rice	Grilled Chicken Salad	Low-Carb Grilled Shrimp with Cucumber and Avocado Salad
Snack	Swiss Cheese and Cherry Tomatoes	Hard-Boiled Eggs and Cucumbers	Orange	Cottage Cheese with Cinnamon	Turkey Roll-Ups and Almonds	Celery and Peanut Butter	Hard-Boiled Egg with Mini Cucumbers
Dinner	Grilled Chicken and Roasted Broccoli	Tukey Burger and Green Beans	Southwest Chicken, Refried Beans, and Tomato Avocado Salad	Eggplant Pizzas	Roast Chicken with Sauteed Garlic Spinach	Steak with Eggplant and Summer Squash	Low-Carb Taco Salad with Cauliflower Rice
Snack	Turkey Roll-Ups	Cheddar Cheese, Carrots, and Cucumber	Greek Yogurt with Walnuts	Celery and Peanut Butter	Hummus and Peppers	Swiss Cheese	Unsalted Mixed Nuts

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