

Meals maker



7-DAY LOW CARB DIET PLAN

WEEK 1

THIS MEAL PLAN INCLUDES:

- 21 meal recipes (3 meals per day for 7 days)
- Necessary Staples for Each Meal
- Weekly Grocery List

INSTRUCTIONS:

Step 1: Briefly review all meals for the week.

Step 2: Review necessary staples for each meal and weekly grocery list.

Step 3: Grocery shop, cook and enjoy!

SPECIAL NOTES: (PLEASE READ)

NOTE 1: Necessary Staples: Most meals will include the use of sea salt and fresh ground pepper so please make sure you are stocked up!

NOTE 2: Grocery List: When it comes to the Oil, Condiments, Herbs and Spices section, please only purchase what you don't already have.

For example, if the section states you need Balsamic Vinegar: 1 (12 oz.) bottle, we simply mean to purchase a bottle of Balsamic Vinegar if you don't already have it. We do not mean you will use the full 12 oz. bottle this week.



Meals maker

DAY 1

Breakfast:

**GOAT CHEESE TOMATO
OMELET**

Lunch:

STUFFED AVOCADOS

Dinner:

**OVEN BAKED CHICKEN
WITH ASPARAGUS**

DAY 2

Breakfast:

CHEESY EGG MUFFINS

Lunch:

**ROASTED SALMON WITH
VEGETABLES**

Dinner:

**SHRIMP LETTUCE LEAVES
TACOS**

DAY 3

Breakfast:

**AVOCADO STRAWBERRY
SMOOTHIE**

Lunch:

**BROCCOLI AND
MUSHROOMS**

Dinner:

**BEEF AND BROCCOLI STIR
FRY**

DAY 4

Breakfast:

ASPARAGUS OMELET

Lunch:

AVOCADO EGG SALAD

Dinner:

**TILAPIA W/ CHERRY
TOMATOES**

DAY 5

Breakfast:

**BACON, EGGS, AND
TOMATOES**

Lunch:

**STRAWBERRY AND GREENS
SALAD WITH SALMON**

Dinner:

**GARLIC SALMON AND
ZUCCHINI**

DAY 6

Breakfast:

BREAKFAST SCRAMBLE

Lunch:

**STEAMED CHICKEN WITH
OLIVES**

Dinner:

SHRIMP BOWL

DAY 7

Breakfast:

CHEESE OMELET

Lunch:

AVOCADO SALAD

Dinner:

CHICKEN SALAD

WEEKLY Notes



GOAT CHEESE TOMATO OMELET

Prep Time: 10 min.

Cook Time: 10 min.

Total Time: 20 min.

Ingredients:

3 eggs
1 tomato, chopped
3 tbsp. basil leaves, chopped, garnish
¼ cup of goat cheese
Olive oil
Salt
Pepper

Instructions:

1. Start by breaking the eggs into a small bowl. Season with salt and pepper and whisk.
2. Heat olive oil using a medium-sized skillet.
3. Pour the eggs onto the skillet and move the skillet around gently, so that the egg gets runny and cooks well. Once the eggs set, add the chopped tomatoes and goat cheese. Close the omelet and let cook for 1 minute, then flip sides and allow cooking for another 2-3 minutes.
4. Once done, remove from heat and transfer to a serving plate. Garnish with basil leaves and serve.



DAY 1 Lunch



STUFFED AVOCADOS



**SUBSCRIBE TO VIEW ALL
21 MEAL RECIPES**



WEEK 1

NECESSARY STAPLES



Day 1 Breakfast:

Olive oil
Salt
Pepper

Day 1 Lunch:

Olive oil
Salt
Pepper

Day 1 Dinner:

Olive oil
Salt
Pepper
2 tbsp. of garlic powder
1 tbsp. of paprika powder
2 tbsp. dried oregano, garnish

Day 2 Breakfast:

Olive oil
Salt
Pepper

Day 2 Lunch:

1 tbsp. cumin powder
2 tbsp. paprika powder
Salt
Olive oil

Day 2 Dinner:

Olive oil
Salt
1/4 tsp. curmin powder
1/4 tsp. paprika powder

Day 3 Breakfast:

3 tbsp. chia seeds

Day 3 Lunch:

Olive oil
Salt

Day 3 Dinner:

Olive oil
Salt
Pepper
Soy sauce

Day 4 Breakfast:

Olive oil
Salt
Pepper

Day 4 Lunch:

Salt
Pepper
Sea Salt

Day 4 Dinner:

Salt
Pepper
Olive oil

Day 5 Breakfast:

Salt
Pepper

Day 5 Lunch:

2 tbsp. garlic powder
Salt

1 tbsp. paprika powder
Pepper

Salt
Pepper
Olive oil

Day 6 Lunch:

Salt
Pepper

Day 6 Dinner:

Olive oil
Salt

Day 7 Breakfast:

Olive oil
Salt
Pepper

Hot sauce, for topping

Day 7 Lunch:

Olive oil
Salt
Pepper
1 tbsp. of dried oregano

Day 7 Dinner:

Salt
Pepper



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21 MEAL RECIPES**



WEEK 1

GROCERY LIST



Produce:

- 1 container of strawberries
- 1 large bundle of asparagus
- 6 lemons
- 3 limes
- 4 onions
- 1 red onion
- 3 large garlic heads
- 1 container of cherry tomatoes
- 1 large container of mushrooms
- 1 bundle of basil
- 1 bundle of mint
- 2 tomatoes
- 3 cucumbers
- 1 large bag of baby spinach
- 1 bag of kale leaves
- 8 avocados
- 6 zucchinis
- 1 large broccoli head
- 3 ginger pieces
- 6 bell peppers
- 1 small head of romaine lettuce
- 1 large bundle of celery

Miscellaneous:

- Muffin tin
- Spatula
- Tongs
- Skillets
- Saucepan
- Baking sheet
- Foil or parchment paper



Refrigerated:

- 19 eggs
- 1 package of bacon
- 1 container of egg white
- 1 container of almond milk
- 1 small block of goat cheese
- 1 bag of shredded Cheddar
- 1 small block of feta cheese
- 1 stick of grass fed butter
- 1 jar of mayonnaise

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21 MEAL RECIPES**

Seafood:

- 7 salmon fillets
- 3 tilapia fillets
- 2 lb. of shrimp

Meat:

- 1 1/2 lbs. of skinless, boneless chicken breast
- 1/2 lb. of beef sirloin tip steak

Canned & Packaged:

- 1 bottle of sliced cashews
- 1 bottle of walnuts
- 1 bottle of soy sauce
- 1 jar of black olives
- 1 small tin of tuna

