

Meal planner: Low carb

Enjoy
Food

Monday



Tuesday



Wednesday



Thursday



Breakfast	1 slice wholemeal bread (37g), 1 tsp unsaturated spread + 2 scrambled eggs — 269Kcal 14.8Carbs(g) 0F&V	200g 0% fat Greek yogurt, 80g raspberries + 2 tsp pumpkin seeds — 191Kcal 12.6Carbs(g) 1F&V	Porridge: 30g oats, 200ml almond milk, 50g blueberries + 2 tsp pumpkin seeds (10g) — 250Kcal 31.7Carbs(g) 0.5F&V	Mushroom omelette: 2 eggs, 50g mushrooms, 1 tsp oil + 1 grilled tomato — 228Kcal 3Carbs(g) 1F&V
Snack	1 medium apple (85g) + 15g Brazil nuts — 159Kcal 11.5Carbs(g) 1F&V	1 slice granary bread (33g) + 15g peanut butter — 169Kcal 18Carbs(g) 0F&V	1 wholemeal rice cake + 20g peanut butter — 156Kcal 8.5Carbs(g) 0F&V	25g almonds — 158Kcal 1.6Carbs(g) 0F&V
Lunch	Cauliflower and leek soup — 143Kcal 18.4Carbs(g) 2F&V	Chickpea and tuna salad + 80g strawberries — 361Kcal 27.2Carbs(g) 4F&V	Mackerel salsa wrap — 508Kcal 37Carbs(g) 2.5F&V	Creamy chicken and mushroom soup , 200g 2% fat Greek yogurt + 50g raspberries — 295Kcal 14.4Carbs(g) 1.5F&V
Snack	25g almonds — 158Kcal 1.6Carbs(g) 0F&V	1 small avocado (100g), 2 tbsp 0% fat Greek yogurt + 80g carrot sticks — 251Kcal 8.8Carbs(g) 2F&V	3 tbsp guacamole (50g), 25g carrot sticks, 25g cucumber + 25g red pepper — 127Kcal 4.5Carbs(g) 1F&V	1 small avocado (100g) — 199Kcal 1.8Carbs(g) 1F&V
Dinner	Lower-fat cauliflower and broccoli cheese + 1 medium grilled/baked salmon fillet (150g) — 447Kcal 11.6Carbs(g) 1F&V	Beef goulash — 370Kcal 39.6Carbs(g) 2F&V	Chicken casserole + 80g broccoli — 373Kcal 21.4Carbs(g) 4F&V	Beefburger , green salad + 1 tbsp dressing — 404Kcal 41.6Carbs(g) 1F&V
Pudding	200g 0% fat Greek yogurt + 80g raspberries — 139Kcal 112Carbs(g) 1F&V	Rhubarb fool — 56Kcal 4Carbs(g) 0F&V	200g 0% fat Greek yogurt, 50g strawberries + 50g blueberries — 148Kcal 12.7Carbs(g) 1F&V	Summer berry posset — 110Kcal 13.8Carbs(g) 0.5F&V
Snack	2 rye crackers and 1 small avocado (100g) — 365Kcal 14.8Carbs(g) 1F&V	20g Brazil nuts — 140Kcal 0.6Carbs(g) 0F&V	25g almonds — 158Kcal 1.6Carbs(g) 0F&V	2 oatcakes each with 1 tbsp light cream cheese + 25g cucumber — 120Kcal 15Carbs(g) 0F&V
Milk	200ml semi-skimmed — 93Kcal 9.4Carbs(g) 0F&V	200ml semi-skimmed — 93Kcal 9.4Carbs(g) 0F&V	200ml semi-skimmed — 93Kcal 9.4Carbs(g) 0F&V	200ml semi-skimmed — 93Kcal 9.4Carbs(g) 0F&V
Totals	1773Kcal 93.2Carbs(g) 5F&V	1631Kcal 120.4Carbs(g) 9F&V	1813Kcal 126.8Carbs(g) 7.5F&V	1607Kcal 100.6Carbs(g) 5F&V

