

balanced
bites!

Low Carb Weight Loss Meal Plan

	DAY 1	DAY 2	DAY 3	DAY 4
BREAKFAST	 Omega Boosting Greek Yoghurt	 Berry & Cinnamon Nut Butter Zoats	 Cheesy Scrambled Eggs & Sundried Tomatoes	 English Muffins With Peanut Butter
LUNCH	 White Fish With Zucchini And Artichoke Hearts	 Falafel Bowl With Hummus	 Creamy Red Pesto Chicken	 Sweet Potato With Red Bean Enchiladas
LUNCH SIDE	 Baked Eggplant With Parmesan	 Healthy Fried Rice	Healthy Mashed Potatoes 	Paleo Keto Low Carb Chicken Noodle Bean Soup 
DINNER	 Greek Style One Pan Lemon & Herb Chicken	 Low Carb Mexican Beef Skewers With Zucchini	 Grilled Lamb With Cauliflower Rice	 Grilled Fish Tacos With Coleslaw
DINNER SIDE	 Green Salad	 Yummy Lentil Salad	Grape Tomato Salad With Pistachios 	Creamed Spinach 
DESSERT	 Almond & Chocolate Pennies	 Vanilla Cream Carrot Cake	Low Carb Energy Bars 	Healthy Chocolate Cake 

	DAY 5	DAY 6	DAY 7
BREAKFAST	 Greek Yoghurt & Blueberry Chia Jam	 Veggie Omelette With Feta	 Low Carb Shakshuka
LUNCH	 Asian Sesame Steak Kabobs	 Italian Style Veggie Skewers With Couscous	 Chicken Goujons With Parmesan Crumb
LUNCH SIDE	 Arugula Salad With Parmesan Shavings	 Steamed Lemon Garlic Broccoli	Roasted Vegetables With Tofu & Walnuts 
DINNER	 Chicken Fajita Bowl With Brown Rice	 Honey Garlic Salmon With Quinoa And Green Beans	 Baked Fish With Quinoa And Lemon Dill Sauce
DINNER SIDE	 Vegan Flatbread	 Mexican Corn Salad (Esquites)	 Rosemary Focaccia Bread (X2)
DESSERT	 Keto Pecan Marzipan	 Balanced Strawberry Thumbprint Cookie	 Mixed Fruit Cup