

LOW CARB Meal Plan



	Breakfast	Lunch	Dinner
Monday	Coffee with cream	Bagel	Curry chicken & cauliflower salad
Tuesday	Coffee with cream	Big mac salad	Chicken & loaded broccoli
Wednesday	Coffee with cream	Meat, cheese & pickles	Tuscan soup & mug bread
Thursday	Coffee with cream	Mushroom, cheese & eggs scramble	Steak & grilled zucchini
Friday	Coffee with cream	Taco salad	Meatza pizza
Saturday	Mug bread french toast	Hamburger soup	Zucchini baked ziti
Sunday	Bacon & eggs with mug bread	Chicken caesar salad	Charcuterie board