

Low-Carb Meal Plan

	B	L	D
Monday	Veggie Frittata	Walnut Chicken Roasted Veggies	Crunchy Cucumber Salad with Shrimp
Tuesday	Egg White Omelet & Avocado	Orange Chicken with edamame	Grilled Chicken Spinach Salad with Nuts
Wednesday	Egg Quiche Muffins	Asian Turkey Lettuce Wraps Avocado	Stuffed Tomato With Chicken
Thursday	Oatmeal Casserole	Salmon Apricot Roasted Asparagus	Hearts & Avocado Salad & Chicken
Friday	Scrambled Egg Whites & Avocado	Coconut Crusted Chicken Veggies	Greens Salad with Shrimp
Saturday	Protein Smoothie	Spinach Turkey Meatballs Arugula Salad	Tuna Salad & Avocado
Sunday	Scrambled Egg Whites & Gluten-Free Toast	Grilled Flank Steak Roasted Veggies	Grilled Chicken & Baked Avocado