

7-Day Low Carb Meal Plan & Shopping List

Meal Plan

Day 1

Breakfast: Scrambled eggs with spinach and feta
Lunch: Grilled chicken salad with olive oil dressing
Dinner: Baked salmon with asparagus and lemon butter
Snacks: Almonds, celery with peanut butter

Day 2

Breakfast: Greek yogurt with chia seeds and raspberries
Lunch: Turkey lettuce wraps with avocado
Dinner: Pork chops with roasted cauliflower
Snacks: Cheese sticks, cucumber slices

Day 3

Breakfast: Veggie omelet with mushrooms and bell peppers
Lunch: Tuna salad with mixed greens
Dinner: Grilled shrimp with zucchini noodles
Snacks: Hard-boiled eggs, walnuts

Day 4

Breakfast: Cottage cheese with strawberries
Lunch: Chicken Caesar salad (no croutons)
Dinner: Beef stir-fry with broccoli and peppers
Snacks: Celery with cream cheese, pecans

Day 5

Breakfast: Egg muffins with spinach and cheese
Lunch: BLT lettuce wraps
Dinner: Grilled steak with green beans
Snacks: Olives, pumpkin seeds

Day 6

Breakfast: Low-carb smoothie with almond milk, spinach, and protein powder
Lunch: Chicken salad with pecans and mayo
Dinner: Garlic butter shrimp with roasted brussels sprouts
Snacks: String cheese, cucumber slices

Day 7

Breakfast: Scrambled eggs with avocado
Lunch: Cobb salad
Dinner: Lemon herb chicken with roasted vegetables
Snacks: Mixed nuts, dark chocolate square (85%)

Shopping List

- Eggs
- Spinach
- Feta cheese
- Chicken breast
- Salmon
- Asparagus
- Almonds
- Celery
- Peanut butter
- Greek yogurt
- Chia seeds
- Raspberries
- Turkey slices
- Avocados
- Pork chops
- Cauliflower
- Cheese sticks
- Cucumbers
- Mushrooms
- Bell peppers
- Tuna
- Zucchini
- Hard-boiled eggs
- Walnuts
- Cottage cheese
- Strawberries
- Romaine lettuce
- Caesar dressing
- Beef strips
- Broccoli
- Pecans
- Cream cheese
- Egg muffins
- Bacon
- Green beans
- Olives
- Pumpkin seeds
- Protein powder
- Brussels sprouts
- String cheese
- Dark chocolate (85%)
- Lemon
- Mixed nuts