

# Low Carb / Keto Meal Plan Ideas Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Fasting or Greek Yoghurt with fresh strawberries	Fasting or Left overs from earlier	Fasting or Fried egg and bacon, cherry tomatoes and avocado.	Fasting, or Left overs from earlier	Fasting, or Small piece of steak or leftovers	Keto pancakes (R) with strawberries and butter	Fasting, or Left overs or Pork meat patty with soft boiled egg on top
<b>Lunch</b>	Small quiches made in muffin pan with bacon and beaten eggs.	Low-carb crackers with liver pate and soft cheese.	Buffalo wings with blue cheese, cooked with skin on in duck fat.	Cold Lunch, Cold cuts, boiled eggs, cold sausage, cheese, olives, avocado and low carb crackers.	Scrambled or fried eggs and bacon cooked in olive oil.	Lambs fry quickly fried in butter with mushrooms, broccoli and bacon.	Ground beef (mince) with spices, pan fried in butter and put into low carb wraps with lettuce, grated carrot, and cheese.
<b>Dinner</b>	Roast chicken with Cauliflower rice and Steamed veges. For dessert cheese board with low carb crackers.	Pork Sausages with onions, bacon, mushrooms and halloumi cheese pieces. Add an egg if you want.	Family Quiche made with left over veges and chopped up meat.	Ground beef patties air fried or cooked in coconut oil with green salad. For dessert small handful of blueberries with unsweetened cream	White fish crumbed in Green Banana flour and fried in Butter with steamed vegetables.	Steak with onions, green beans, carrots and Brussel Sprouts. For dessert, small piece of 70%+ dark chocolate	Keto pizza (R) with fresh green salad including pumpkin seeds.
<b>Snacks &amp; Drinks</b>	Green Tea or Water, coffee	Green Tea or Water, coffee	Green Tea or Water	Green Tea or Water	Green Tea or Water	Green Tea or Water Glass of red wine.	Green Tea or Water, coffee

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Some meals are larger to allow for left overs on following days. Pick out the combinations you prefer. This is purposely meat heavy for maximum nutrients. You can choose smaller meat servings.

Note: zero bread, zero Naan, zero grains, zero white flour-based food, very low sugar, zero seed oils, zero potato.