

Low Carb / Keto Meal Plan Ideas Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	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
Lunch	Small Omelette with grated cheese, onion and bacon bits.	Low-carb crackers with liver pate and soft cheese.	Keto Buffalo wings with blue cheese, cooked with skin on in duck fat., plus salad.	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.	Finely chopped chicken breast pan fried and put into low carb wraps with grated carrot, lettuce and cheese.
Dinner	Roast Leg of lamb with cauliflower casserol (R) and Steamed veges. For dessert small handful of blueberries with unsweetened cream	Keto Pizza (R) with fresh green salad including pumpkin seeds.	Chicken drum sticks roasted in coconut oil with seasonal veges, Possibly with a low carb coating.	Ground beef patties air fried or cooked in coconut oil with green salad. For dessert cheese board with low carb crackers.	White fish crumbed in Green Banana flour and fried in Butter with steamed vegetables.	Roast Lamb Chops with roast onions, parsnip, green beans, carrots and Brussel Sprouts. For dessert, small piece of 70%+ dark chocolate	Keto Meat Pie (R) made with almond flour, cottage cheese and grated hard cheese topping.
Snacks & Drinks	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.