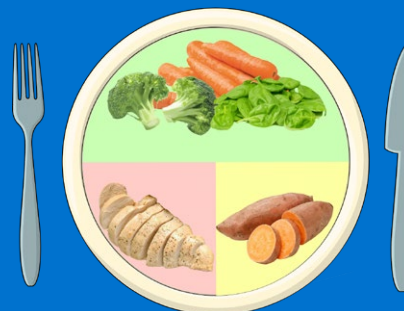


Low Carbohydrate Meal Plans

Top Tip

Keep the portion of carbs to a quarter of your plate



Breakfast



50g Porridge oats with 200ml milk (28g carbs)
70g of mixed berries (10g carbs)

Top Tip!
Use frozen berries.

Lunch



Bean burger (14g carbs) with 110g potato wedges (34g carbs) and a garden salad (4g carbs)

Evening Meal



140g barbeque chicken drumsticks (6g carbs)
130g serving new potatoes (19g carbs)
80g carrots (5g carbs)

Snacks



20g unsalted popcorn (12g carbs)

Total: 132g carbs

Breakfast



1 poached egg, mushrooms, cherry tomatoes and one slice of wholemeal bread (17g carbs)

Lunch



315g tuna nicoise salad (22g carbs)

Evening Meal



Green baked eggs. Frozen peas, broccoli, spring onions, butter beans, spinach, eggs (19g carbs)

[Find recipe here](#)

Snacks



30g (a handful) of nuts (2g carbs)

Total: 60g carbs

Top Tip: Choose whole meal carbohydrates: Seeded breads, Brown rice, Sweet potato. **!**

Breakfast



2 scrambled eggs (2g carbs) with 1 slice of seeded bread (20g carbs)

Lunch



120g grilled chicken, cherry tomatoes, 130g new potatoes, 1 tbsp light mayo, 80g raw carrots (25g carbs)

Evening Meal



120g grilled white fish, 80g of cabbage and 80g courgettes (4g carbs)

Snacks



80g of carrot and celery sticks and 50g of hummus (7g carbs)

Total: 58g carbs

Breakfast



2 boiled eggs and half an avocado on 1 slice of seeded toast (20g carbs)

Lunch



295g chicken ceasar salad with 15g of croutons (14g carbs)

Evening Meal



120g of salmon on 80g wholewheat spaghetti, 30g of soft cheese and 80g of cherry tomatoes (26g carbs)

Snacks



120g of plain yogurt and 70g of berries (16g carbs)

Total: 76g carbs

! Top Tip: Always think of placing veg and salad on the plate first **!**