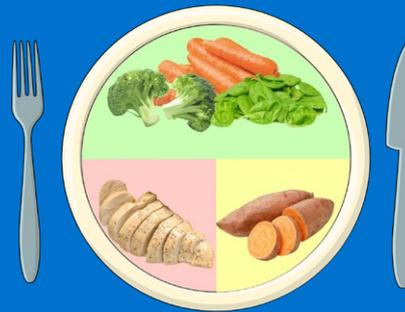


# Low Carbohydrate Meal Plans

## 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 **!**