

Low_Carb (1400-1700)

	Day 1	Choose One	Day 2	Choose One	Day 3	Choose One	Day 4	Day 5	Choose One
Breakfast	Eggaholic (Egg White or Whole or Mix) Side Veggie: Broccoli, Mixed Veggies, Zucchini, Side of Green Side Protein: Turkey Bacon or Minced Beef		Eggaholic (Egg White or Whole or Mix) Side Veggie: Broccoli, Mixed Veggies, Zucchini, Side of Green Side Protein: Turkey Bacon or Minced Beef		Eggaholic (Egg White or Whole or Mix) Side Veggie: Broccoli, Mixed Veggies, Zucchini, Side of Green Side Protein: Turkey Bacon or Minced Beef		Eggaholic (Egg White or Whole or Mix) Side Veggie: Broccoli, Mixed Veggies, Zucchini, Side of Green Side Protein: Turkey Bacon or Minced Beef	Eggaholic (Egg White or Whole or Mix) Side Veggie: Broccoli, Mixed Veggies, Zucchini, Side of Green Side Protein: Turkey Bacon or Minced Beef	
	Protien Pancake - Vanilla /Chocolate 2 Tasty Low Fat, Low Carb Pancakes with Whey Protein		Oats Pancake Made with Oats, Egg Whites, Low Fat Milk and a dash of Cinnamon		Protien Pancake - Vanilla /Chocolate 2 Tasty Low Fat, Low Carb Pancakes with Whey Protein		EggWhite Tacos 5 Egg Whites shaped like a Taco, filled with Mushroom, Corn, Low Fat Mozzarella, Veggies and Chopped Onions served with Spiach Bread	Oats Omlete Raw Oats, 4 Egg Whites, a sip of Low Fat Milk, Low Fat Mozzarella and Mixed Veggies	
	Open Salmon & Egg Sandwiches Smoked Salmon, Avocado with 2 Poached Eggs Served on Spinach Bread with Spinach Braed -No Sauce		EggWhite Tacos 5 Egg Whites shaped like a Taco, filled with Mushroom, Corn, Low Fat Mozzarella, Veggies and Chopped Onions served with Spiach Bread		Spinach Omlette (Egg White or Whole or Mix) 5 Egg Whites with Spinach, and Asparagus. Served with Spinach Bread		Spinach Omlette (Egg White or Whole or Mix) 5 Egg Whites with Spinach, and Asparagus. Served with Spinach Bread	Spinach Omlette (Egg White or Whole or Mix) 5 Egg Whites with Spinach, and Asparagus. Served with Spinach Bread	
Lunch	Lean & Mean Kofta Buttery Grilled Kofta + Buttery Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zuchhini) + Myo		Mighty Grilled Chicken Buttery Lean Grilled Chicken Breast + Buttery Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zuchhini) + Myo		Grilled White Fish Buttered White Fish + Buttery Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zuchhini)		Mighty Grilled Chicken Buttery Lean Grilled Chicken Breast + Buttery Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zuchhini) + Myo	Mighty Grilled Chicken Buttery Lean Grilled Chicken Breast + Buttery Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zuchhini) + Myo	
	Healthy Festive Grilled Turkey Breast with Light Gravy + Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zuchhini)		Chicken Peanut Butter Grilled Chicken with Special Seasoning and a Light Peanut Butter Sauce with Ginger and Garlic in Spinach Bread + Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zuchhini)		Chicken Avocado Grilled Chicken with Avocado, Corn, No Kidney Beans , Cauliflower, Carrots, Cherry Tomatoes and recommended Light Gravy Sauce		Healthy Festive Grilled Turkey Breast with Light Gravy Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zuchhini)	Grilled White Fish Dory White Fish, check our Sauces HQ section and get inspired + Buttery Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zuchhini)	
	Grilled White Fish Dory White Fish, check our Sauces HQ section and get inspired + Buttery Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zuchhini)		Chicken Avocado Grilled Chicken with Avocado, Corn, No Kidney Beans , Cauliflower, Carrots, Cherry Tomatoes and recommended Light Gravy Sauce		Healthy Philly Staek Lean Tenderloin Beef Stripes Grilled with Mixed Bell Peppers, Onion, a mix of Spices and Low Fat Sauce in Spinach Bread with Low Fat Mozzarella		Chicken Peanut Butter Grilled Chicken with Special Seasoning and a Light Peanut Butter Sauce with Ginger and Garlic in Spinach Bread + Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zuchhini)	Hehthy Foursome Grilled Salmon with Real Passion Fruit Sauce + Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zuchhini)	
PM Snacks	Asian Chicke Lettuce Wraps Marinated Chicken with Mixed Bell Peppers, Spices, and Light Soya Sesame Sauce served with Iceberg Lettuce		AvoTuna (1/2) Tuna mixed with Avocado and Light Lemon Olive Sauce served inside an Avocado		Spinach Tortilla Beef Wrap Wrapped in Homemade Low Carb Spinach Bread! Marinated Grilled Chicken, Julian Onion, Mixed Bell Peppers with Choice of Oyster or Marinara sauce		Asian Chicke Lettuce Wraps Marinated Chicken with Mixed Bell Peppers, Spices, and Light Soya Sesame Sauce served with Iceberg Lettuce	Keto Truffles All the pleasure with no guilt. Chocolate Protein Powder, Coconut Oil, Avocado and Almond Flour	
	Keto Truffles All the pleasure with no guilt. Chocolate Protein Powder, Coconut Oil, Avocado and Almond Flour		Keto Truffles All the pleasure with no guilt. Chocolate Protein Powder, Coconut Oil, Avocado and Almond Flour		Asian Chicke Lettuce Wraps Marinated Chicken with Mixed Bell Peppers, Spices, and Light Soya Sesame Sauce served with Iceberg Lettuce		Keto Truffles All the pleasure with no guilt. Chocolate Protein Powder, Coconut Oil, Avocado and Almond Flour	Spinach Tortilla Chicken Wrap Wrapped in Homemade Low Carb Spinach Bread! Marinated Grilled Chicken, Julian Onion, Mixed Bell Peppers with Choice of Oyster or Marinara sauce	
Dinner	Ceasar Salad Grilled Chicken, Hard-Boiled Egg, Low Fat Parmesan Cheese, No Croutons , Romaine Lettuce and Light Caesar Dressing		Lean & Mean Kofta Grilled Kofta made from Lean Beef Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zuchhini)		Lean & Mean Kofta Grilled Kofta made from Lean Beef Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zuchhini)		Stuffed Chicken Grilled Chicken Stuffed with Turkey Bacon and Low Fat Cheddar Cheese, Topped with Red Cabbage, Lemon Chops and Light Thyme Sauce - No Bread	Mexican Minced Beef Sauté with Tomato Sauce, No White Beans & Corn and Romaine Lettuce with Light Salsa.	
	Spinach Tortilla Beef Wrap Minced Beef, Julian Onion, Yellow, Red Bell Peppers with Choice of Oyster or Marinara sauce		Spinach Tortilla Chicken Wrap Wrapped in Homemade Low Carb Spinach Bread! Marinated Grilled Chicken, Julian Onion, Mixed Bell Peppers with Choice of Oyster or Marinara sauce		Stuffed Chicken Grilled Chicken Stuffed with Turkey Bacon and Low Fat Cheddar Cheese, Topped with Red Cabbage, Lemon Chops and Light Thyme Sauce - No Bread		Tuna Salad Tuna, Baby Spinach, Arugula Leaves, Romaine Lettuce, No Chickpeas , Red Bell Peppers with Light Peanut Dressing	Ceasar Salad Grilled Chicken, Hard-Boiled Egg, Low Fat Parmesan Cheese, No Croutons , Romaine Lettuce and Light Caesar Dressing	
	Lean & Mean Kofta Grilled Kofta made from Lean Beef Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zuchhini)		Omega Booster Grilled Salmon Cubes, Baby Spinach, Romaine Lettuce, Arugula Leaves, Red Bell Peppers, No Corn , Onion with Fat Free Honey Mustard Dressing		Mexican Minced Beef Sauté with Tomato Sauce, No White Beans & Corn and Romaine Lettuce with Light Salsa.		Omega Booster Grilled Salmon Cubes, Baby Spinach, Romaine Lettuce, Arugula Leaves, Red Bell Peppers, No Corn , Onion with Fat Free Honey Mustard Dressing	Lean & Mean Kofta Grilled Kofta made from Lean Beef Choice of Veggies(Mixed Veggies, Broccoli, Asparagus,Zuchhini)	
Remarks/ Alleregenic note:									