

DIETPLANPDF.COM



DIETPLANPDF.COM

(1 Week)
7 Day Low Carb
Diet Weight Loss
Meal Plan

WEEK 1

THIS WEEK AT A GLANCE

	BREAKFAST	LUNCH	DINNER	TOTAL MACROS
SUNDAY	Buttery Flaxseed Muffin with 3 Slices Bacon	Poached Egg and Roasted Veggies with 3 Slices Bacon	Baked Mini Meatloaves	Calories: 1,690 Fat: 123.5g Protein: 116.5g Net Carbs: 14g
MONDAY	Buttery Flaxseed Muffin with 1 Cup Avocado	Garlic Parmesan Wings	Single-Serve Taco Casserole	Calories: 1,645 Fat: 127.5g Protein: 98g Net Carbs: 12g
TUESDAY	Fluffy Protein Pancakes with 1 Cup Avocado	Poached Egg and Roasted Veggies with ½ Cup Avocado	Leftover Baked Mini Meatloaves	Calories: 1,645 Fat: 116g Protein: 99.5g Net Carbs: 23.5g
WEDNESDAY	Buttery Flaxseed Muffin with 2 Slices Bacon	Leftover Baked Mini Meatloaves	Sausage and Onion Galette	Calories: 1,675 Fat: 128.5g Protein: 99.5g Net Carbs: 16g
THURSDAY	Fluffy Protein Pancakes with ¾ Cup Avocado	Leftover Garlic Parmesan Wings	Lemon Herb White Fish	Calories: 1,655 Fat: 117.5g Protein: 107g Net Carbs: 19.5g
FRIDAY	Buttery Flaxseed Muffin	Leftover Garlic Parmesan Wings	Leftover Sausage and Onion Galette	Calories: 1,650 Fat: 132g Protein: 90g Net Carbs: 14g
SATURDAY	Fluffy Protein Pancakes with 2 Slices Bacon	Caramelized Onion and Beef Soup	Leftover Lemon Herb White Fish with ¾ Cup Avocado	Calories: 1,700 Fat: 122g Protein: 103g Net Carbs: 23.5g

SHOPPING LIST

PROTEIN

- ☐ Bacon - 10 slices
- ☐ Beef, ground – 22 ounces (80% lean)
- ☐ Chicken wings – 12 whole
- ☐ Eggs – 20 large
- ☐ Sausage, ground Italian – 9 ounces
- ☐ White fish, boneless – 2 (5-ounce) fillets

DAIRY

- ☐ Almond milk – 1 ¼ cup
- ☐ Butter – 11 tablespoons
- ☐ Cheddar cheese, shredded – ½ cup
- ☐ Mayonnaise – 4 tablespoons
- ☐ Parmesan cheese, grated – 1 cup
- ☐ Sour cream – 2 tablespoons

PRODUCE

- ☐ Asparagus – 10 spears
- ☐ Avocado – 4 medium
- ☐ Cabbage, green – 1 ½ cups
- ☐ Cauliflower – 1 ¾ cups
- ☐ Chives – 1 bunch
- ☐ Cilantro – 1 bunch
- ☐ Garlic – 1 head
- ☐ Green beans – 1 ½ cups
- ☐ Lemon – 1
- ☐ Mushrooms – 6 ounces plus 1 cup
- ☐ Onion, yellow – 3 small
- ☐ Spinach – 2 ½ cups
- ☐ Tomato, Roma – 1 small

- ☐ Almond flour – 1 ¼ cup
- ☐ Baking powder
- ☐ Bone broth, beef – 1 ½ cups
- ☐ Chili powder
- ☐ Coconut flour – 6 tablespoons
- ☐ Coconut oil
- ☐ Dijon mustard
- ☐ Dried parsley
- ☐ Dried thyme
- ☐ Garlic powder
- ☐ Ground cumin
- ☐ Ground flaxseed – 1 cup
- ☐ Hempseed, ground – ¼ cup
- ☐ Olive oil
- ☐ Onion powder
- ☐ Pepper, black
- ☐ Powdered erythritol
- ☐ Salt
- ☐ Vanilla extract

PANTRY ITEMS

BUTTERY FLAXSEED MUFFINS

Calories: 290 Fat: 23 g Protein: 8.5 g Total Carbs: 9 g Fiber: 7.5 g Net Carbs: 1.5 g

Prep Time: 10 minutes

Cook Time: 14 minutes

INGREDIENTS

- 1 cup ground flaxseed
- 1/3 cup powdered erythritol
- 1 teaspoon baking powder
- 2 large eggs
- 1/4 cup unsalted butter, melted

INSTRUCTIONS

1. Preheat the oven to 350°F and line 4 cups of a muffin pan with paper liners.
2. Whisk together the flaxseed, erythritol, and baking powder in a bowl.
3. Add the eggs and melted butter, whisking until well combined.
4. Spoon into the prepared pan.
5. Bake for 11 to 14 minutes until a knife or toothpick inserted in the center comes out clean.
6. Enjoy the muffins warm with extra butter, if desired. Makes 4 servings.

FLUFFY PROTEIN PANCAKES

Calories: 395 Fat: 21 g Protein: 29 g Total Carbs: 20.5 g Fiber: 11 g Net Carbs: 9.5 g

Prep Time: 10 minutes

Cook Time: 15 minutes

INGREDIENTS

- o 4 large egg yolks
- o 12 large egg whites,
separated o Pinch salt
- o 1 cup unsweetened almond milk
- o 1 teaspoon vanilla extract
- o 6 tablespoons coconut flour o
- ¼ cup ground hempseed o 2
- teaspoon baking powder o
- Liquid stevia extract, to taste

INSTRUCTIONS

1. In a mixing bowl, whisk together the almond milk, egg yolks, and vanilla.
2. Whisk half of the egg whites (6) into the almond milk mixture.
3. Combine the coconut flour, ground hempseed, and baking powder in another bowl.
4. Whisk the wet ingredients into the dry until well combined.
5. Beat the rest of the egg whites (6) with a pinch of salt in a metal bowl until soft peaks form.
6. Fold the whipped egg whites into the batter – sweeten with stevia to taste.
7. Heat a large nonstick skillet over medium-low heat.
8. Spoon the batter into the pan, using 3 to 4 tablespoons per pancake, and spread in circles.
9. Cook until bubbles form on the surface of the batter then flip the pancakes.
10. Let them cook for another minute or two until the underside is browned.
11. Remove the cooked pancakes to a plate and repeat with the remaining batter.
12. Store in an airtight container and reheat in a hot skillet with butter or oil. Makes 3 servings.

POACHED EGG AND ROASTED VEGETABLES

Calories: 300 Fat: 20.5 g Protein: 21 g Total Carbs: 8 g Fiber: 3 g Net Carbs: 5 g

Prep Time: 10 minutes

Cook Time: 10 minutes

INGREDIENTS

- o 3 ounces sliced white mushrooms
- o 5 spears fresh asparagus
- o Cooking spray
- o 2 ounces ground pork sausage
- o Salt and pepper
- o ½ small Roma tomato, sliced
- o 1 large egg, poached

INSTRUCTIONS

1. Preheat the broiler in your oven to high heat.
2. Spray the mushrooms and asparagus with cooking spray and spread on a foil-lined baking sheet.
3. Sprinkle with salt and pepper then broil for 4 to 6 minutes until lightly browned.
4. Brown the sausage in a skillet until cooked through.
5. Serve the roasted veggies and sausage with the sliced tomato and poached egg.
6. Season everything with salt and pepper to taste.

GARLIC PARMESAN WINGS

Calories: 675 Fat: 51.5 g Protein: 49 g Total Carbs: 5.5 g Fiber: 2 g Net Carbs: 3.5 g

Prep Time: 5 minutes

Cook Time: 30 minutes

INGREDIENTS

- 12 chicken wings
- ¾ cup grated parmesan cheese
- 1 tablespoon garlic powder
- 1 ¼ teaspoon salt ○ 1
- teaspoon pepper ○ 1
- tablespoon olive oil
- 1 ½ cups thinly sliced cabbage
- 4 tablespoons mayonnaise
- 1 tablespoon fresh lemon juice
- 1 teaspoon Dijon mustard
- ¼ teaspoon onion powder

INSTRUCTIONS

1. Preheat the oven to 350°F and line a baking sheet with parchment.
2. Combine the parmesan cheese with the garlic powder, salt, and pepper in a bowl.
3. Toss the wings in the oil then dredge in the parmesan mixture.
4. Place the wings on the baking sheet and bake for 30 minutes.
5. While the wings are cooking, toss together the remaining ingredients to make a coleslaw.
6. Chill the coleslaw until the wings are ready – alternatively, divide the ingredients in thirds and prepare the coleslaw fresh with each serving.
7. Serve the wings hot with the coleslaw. Makes 3 servings.

CARAMELIZED ONION AND BEEF SOUP

Calories: 520 Fat: 40 g Protein: 31 g Total Carbs: 8 g Fiber: 1.5 g Net Carbs: 6.5 g

Prep Time: 15 minutes

Cook Time: 30 minutes

INGREDIENTS

- o 2 tablespoons butter
- o ½ cup yellow onion, sliced thin
- o 3 ounces ground beef (80% lean)
- o 1 ½ cups beef bone broth
- o 1 clove minced garlic
- o Salt and pepper

INSTRUCTIONS

1. Melt the butter in a small stockpot over medium heat.
2. Add the sliced onions and cook, stirring occasionally, for about 10 minutes until caramelized.
3. Stir in the beef and cook until browned then spoon off some of the fat.
4. Add the bone broth and garlic then season with salt and pepper.
5. Bring to a boil then reduce heat and simmer for 30 minutes then serve hot.

BAKED MINI MEATLOAVES

Calories: 500 Fat: 32 g Protein: 45 g Total Carbs: 7 g Fiber: 2.5 g Net Carbs: 4.5 g

Prep Time: 10 minutes

Cook Time: 30 minutes

INGREDIENTS

- 1 pound ground beef (80% lean)
- 1 cup diced mushrooms
- ½ cup diced yellow onion
- ½ cup chopped spinach
- 1 large egg
- 1 clove minced garlic
- ½ teaspoon dried thyme
- 1 tablespoon butter
- 1 ½ cups green beans

INSTRUCTIONS

1. Preheat the oven to 350°F and lightly grease half the cups in a muffin pan.
2. Combine the ground beef, mushrooms, onion, spinach, garlic, egg, and thyme in a bowl.
3. Season with salt and pepper then stir everything until well combined.
4. Divide the mixture between 6 cups of the muffin pan as evenly as possible.
5. Bake for 25 to 30 minutes until the beef is cooked through.
6. While the meatloaves are cooking, sauté the beans in butter and season with salt and pepper.
7. Serve the meatloaves hot with sautéed beans. Makes 3 (2-piece) servings.

SINGLE SERVE TACO CASSEROLE

Calories: 530 Fat: 39 g Protein: 39 g Total Carbs: 6.5 g Fiber: 1.5 g Net Carbs: 5 g

Prep Time: 10 minutes

Cook Time: 30 minutes

INGREDIENTS

- o 3 ounces ground beef (80% lean)
- o ¼ cup diced cauliflower
- o 2 tablespoons diced onion
- o 1 clove minced garlic
- o ¼ teaspoon ground cumin
- o ¼ teaspoon chili powder
- o Salt and pepper
- o ½ cup shredded cheddar cheese, divided
- o 2 tablespoons sour cream
- o Fresh chopped cilantro

INSTRUCTIONS

1. Preheat the oven to 350°F and lightly grease a small baking dish with cooking spray.
2. Combine the ground beef, cauliflower, onion, and garlic in a bowl.
3. Add the cumin, chili powder, salt, and pepper then mix it all together very well.
4. Work in ¼ cup of the cheddar cheese then transfer the mixture to the ramekin.
5. Sprinkle with the remaining cheese then bake for 30 minutes until the beef is cooked through.
6. Serve topped with sour cream and fresh cilantro.

SAUSAGE AND ONION GALETTE

Calories: 685 Fat: 57.5 g Protein: 32 g Total Carbs: 15.5 g Fiber: 6.5 g Net Carbs: 9g

Prep Time: 15 minutes

Cook Time: 25 minutes

INGREDIENTS

- 5 ounces ground Italian sausage
- ½ small yellow onion, diced
- 1 clove minced garlic
- 1 cup almond flour
- 3 tablespoons unsweetened almond milk
- 1 teaspoon garlic powder
- 1 large egg
- ¼ cup grated parmesan cheese
- 1 tablespoon olive oil
- 2 cups fresh baby spinach
- 1 teaspoon unsalted butter

INSTRUCTIONS

1. Preheat the oven to 375°F and line a baking sheet with parchment then grease with cooking spray.
2. Brown the sausage in a skillet over medium heat then stir in the onion, and garlic.
3. Cook until the sausage is done and the onions are translucent then remove from heat.
4. Combine the almond flour, almond milk, and garlic powder in a bowl.
5. Stir in the egg and parmesan until it forms a dough then turn out onto the baking sheet.
6. Press the dough into a circle about ½-inch thick.
7. Brush the dough with olive oil then add the sausage mixture to the middle.
8. Fold the edges of the dough over the filling, working your way around the circle.
9. Bake for 22 to 25 minutes until the crust is browned.
10. Sauté the spinach in butter until just wilted, season with salt, then serve with the galette. Makes 2 servings.

LEMON HERB WHITE FISH

Calories: 360 Fat: 24 g Protein: 27 g Total Carbs: 8.5 g Fiber: 3.5 g Net Carbs: 5 g

Prep Time: 5 minutes

Cook Time: 15 minutes

INGREDIENTS

- ¼ cup almond flour
- 1 tablespoon fresh chopped chives
- 1 teaspoon dried parsley
- ½ teaspoon dried basil
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- Salt and pepper
- 2 (5-ounce) boneless white fish fillets
- 3 tablespoons butter
- 2 tablespoons fresh lemon juice
- 1 ½ cups chopped cauliflower

INSTRUCTIONS

1. Combine the almond flour, chives, parsley, basil, onion powder, garlic powder, salt, and pepper in a shallow dish or dinner plate.
2. Press the white fish fillets in the mixture on both sides until evenly coated.
3. Heat the butter and lemon juice in a large skillet over medium-high heat.
4. Add the fish fillets and cook for 3 minutes, swirling the pan occasionally so the fish soaks up the lemon butter.
5. Flip the fillets and cook for another 3 minutes or so until the fish is done and the coating crisp.
6. Remove the fish to a cutting board to rest and reheat the skillet – add more butter if needed.
7. Sauté the cauliflower florets until tender-crisp then serve with the fish. Makes 2 servings.

KETO-FRIENDLY SNACKS

If at any point during the day you begin to feel hungry, make sure to have some keto-friendly snacks on hand. You shouldn't be hungry between meals, but sometimes in the beginning of your ketogenic diet, you need some time to adjust. These keto-friendly snacks are here to help!

- Pork rinds – great with just about anything
- Nuts (walnuts, pecans, brazil nuts, macadamias)
- Seeds – sunflower, pumpkin, chia, flax, etc.
- *Laughing Cow* cheese (full fat only)
- Hummus – dip pork rinds, carrots, celery, peppers or your favorite low carb vegetable! Enjoy hummus sparingly.
- Dark chocolate (75% and above) or any stevia sweetened chocolate (like *Lily's* or *ChocoPerfection*)
- Seaweed
- String cheese
- Jerky
- Cocoa nibs – a great, quick, sugarless alternative to chocolate bars
- Avocados – all you need is a little sea salt for a great high-fiber snack
- Sardines – sprinkle some *Old Bay* seasoning and chow down!
- Nut butters – peanut, almond, cashew, coconut, etc. Make sure there's no sugar added.
- Pickles
- Sugar-free Jell-O
- *Quest* bars

COMMON ALLERGENS

To make our Low Carb Weekly Meals Plans easy to use and versatile, we've included the most common food allergens and what you can substitute for them.

- Coconut
 - Coconut oil may be replaced with butter or other types of oils in a 1:1 ratio.
 - Every ¼ cup of coconut flour may be replaced with 1 cup of almond flour in many recipes. Reduce liquids by half as well.
- Dairy
 - Heavy cream may be replaced with coconut cream in a 1:1 ratio.
 - Butter may be replaced with coconut oil in a 1:1 ratio.
 - Cheese can usually be omitted in some recipes but you can opt for using a vegan cheese. Be sure to check the carbs on the nutrition label!
 - Mayonnaise may be used in place of cream cheese and sour cream in some recipes in a 1:1 ratio.
 - Unsweetened coconut milk yogurt may be used in place of dairy yogurt in a 1:1 ratio.
 - Avocado may be added for texture and fat.
- Eggs
 - For every egg a recipe uses, replace with 2 tablespoons of chia seed (or flax seed) which has been soaked in 2.5 tablespoons of water for 5 minutes.
- Nuts
 - Replace nuts used in most recipes with your favorite seeds, such as pumpkin seeds, sunflower seeds and chia or flax.
 - Nut butters may be replaced with more tolerable nut or seed butters or tahini.
 - For every 1 cup of almond flour, replace with ¼ cup coconut flour and double the recipe's liquids.
- Shellfish
 - Replace shellfish like shrimp with any other meat you like and can eat.

THANK YOU!

We hope you've enjoyed these recipes!

Low carb dieting shouldn't be hard... but it shouldn't be bland either. Our goal is to provide you with fun, exciting and versatile recipes you can use every single day.

