

LOW CARB MEAL SUGGESTIONS

BREAKFAST	CARBS
2 eggs cooked in 1 Tbs butter 2 Buckwheat Crackers (Les pain des fleurs) 2 Tbs Almond butter TOTAL CALORIES: 397	1 g 8 g 3.5 g 12.5 g TOTAL
1 cup plain full fat yogurt ¼ cup frozen blackberries 1 Buckwheat cracker 2 oz smoked salmon TOTAL CALORIES: 260	11.4 5.9 4.0 0 g 21.3 g TOTAL
¾ cup cooked oatmeal 2 Tbs coconut oil ¼ tsp cinnamon, 3 drops stevia 1 egg (whip & cook in the hot oatmeal) TOTAL CALORIES: 406	19 g 0 g 0 g 0.3 g 19.3 g TOTAL
2 eggs cooked in 2 Tbs bacon fat 2 rashers natural nitrate free bacon ¼ cup green onions ½ cup raw spinach 1 small slice whole grain sourdough bread TOTAL CALORIES: 466	1 g 0.1g 1.8 g 0.5 g 8.5 g 11.9 g TOTAL

LUNCH:

1 ½ cup lettuce, ½ cup cucumbers, ½ cup red peppers, 6 olives 3 oz poached salmon salad dressing with 2 Tbs olive oil, 1 tsp lemon juice, sea salt 1 cup chicken broth with ¼ tsp curry powder + 2 tbs sourcream 1 tangerine TOTAL CALORIES: 544	10 g 0 g 0 g 1 g 10 g 21 g TOTAL
1 medium whole wheat tortilla (or chapatti) 2 oz chicken 1 cup shredded lettuce, 1/3 cup sauerkraut 2 Tbs home-made Curry Mayonnaise TOTAL CALORIES: 514	22.3 g 0 g 5 g 1 g 28.3 g TOTAL

DINNER:

3 oz lamb pattie, cooked 1 cup cooked asparagus (6 spears) 1 1/2 cups arugula, 4 cherry tomatoes, 1 pickle (Bubbie's) 2 Tbs home-made salad dressing (olive oil + lemon juice) Dessert: ½ apple + 1 sq inch blue cheese TOTAL CALORIES: 680	0 g 8 g 6 g 0 g 10 g 24 g TOTAL
Stir fry of assorted low carb vegetables + 6 medium shrimp ¼ cup coconut milk and curry for the sauce 1/3 cup Shiratake noodles (zero carb) 1/3 cup Korean Kimchi	

SNACKS:

5 slices cucumber 1/3 cup hummus	3 g 12 g 15 g TOTAL
2 celery stalks 2 oz cheddar cheese	2.5 g 2 g 4.5 g TOTAL
½ cup blueberries 2 Tbs Sourcream (Pinehedge)	10 g 1 g 11 g TOTAL
Coconut Milk Custard (1/2 cup) 1 can coconut milk, 2 eggs, spices, stevia (bake 40 min 325F)	2.5 g TOTAL

HIGH CARB	LOW(ER) CARB
1 cup mashed potatoes 36.8 g carb	1 cup cooked/mashed cauliflower 11 g
1 medium sweet potato 26.8 g carb	1 cup cooked spaghetti squash 10 g
1 slice apple pie 51 g carbs	1 coconut flour muffin (stevia) 6 g
1 chocolate coated granola bar 24 g	1 clementine 10 g
11 oz thick vanilla shake 55 g	1 plain yogurt + 1/3 cup berries 18 g
1 cup frosted flakes 37 g (+ milk = 48g)	See breakfasts above
1/3 cup raisins 38 g	See snacks above
3 pancakes with maple syrup	Galette Breton (with ham and 1 egg)

OTHER LOW CARB MEALS:

YOUR FAVOURITE LOW CARB MEALS:

Nicoise Salad (use steamed cauliflower instead of potatoes)	
Crab Cakes, green salad and steamed veggies	
Roasted chicken thighs (with skin), zucchini and red pepper stir fry	
Chicken broth with sliced kale and duck breast (1/2 tsp tamari for Asian flavour)	
White Fish with steamed veggies and Hollandaise Sauce & capers	
Zucchini, mushroom & red pepper fritatta with fresh tomato salsa	
Beef roast with veggies & salad	
Cesar Salad with chicken or Salmon, no croutons	
Chef Salad with lettuce, cucumbers, cubes of cheese, ham, hard boiled eggs, dressing	
Chicken wings (preferably home-made) with veggies and kimchi	
Salmon & spinach Omelet	