

# Meals for Low-Carb days

MEALS FOR LOW CARB (LC) DAY		OPTION A	OPTION B	OPTION C
MEAL ONE (BREAKFAST)	CARB CHOICE:	Green protein smoothie: 2 scoops whey protein w/powdered greens of choice (this one contains both protein + low-carbs)	1/2 cup rolled oats (Dry) w/ water or unsweetened almond milk	1 slice whole-grain toast
	PROTEIN CHOICES:		one 5" turkey sausage link (or two 2"), w/ scrambled egg whites (about 2-4 large eggs, include 1 yolk)	Omelet: 3/4 cup liquid egg whites (about 3-5 large eggs) + 1 yolk, bell peppers, onions, spinach
MEAL TWO (SNACK)	CHOICES	2-3 oz lean meat or uncured beef jerky & 1 tbsp almond butter	20g whey protein w/ water and 1oz nuts	2oz quality deli meat w/ small green salad and 2 tbsp of balsamic Vinaigrette dressing
MEAL THREE (LUNCH)	CARB CHOICE:	Romaine lettuce salad and/or baby spinach (as much as you want) w/ dressing <i>Dressing optional – Balsamic vinegar w/ 1 tsp virgin olive oil, or lemon juice, or salsa</i>	1-2 cups of mixed veggies sautéed in 1 Tbsp extra virgin olive oil seasoned (w/ seasoning optional)	1-2 cups of Brussels sprouts or green beans, garlic, onions, and peppers sautéed in 1 Tbsp extra virgin olive oil seasoned (w/ seasoning optional)
	PROTEIN CHOICES:	1 chicken breast, boneless skinless 4 oz	Lean ground turkey or beef, 4 oz	Any seafood of choice, 4 oz
MEAL FOUR (SNACK)	CHOICES (VEGGIE SNACK):	Cucumber or celery (as much as you want) w/ 3 Tbsp hummus	Celery (as much as you want) w/ 1 Tbsp natural almond butter	1 whole carrot (or 12 baby carrots) w/ 1 Tbsp sugar-free dressing (your choice)
MEAL FIVE (DINNER)	CARB CHOICE:	Asparagus, squash, and broccoli sautéed in 2 Tbsp extra virgin olive oil seasoned (w/ seasoning optional)	Red peppers, onions, and spinach sautéed in 2 Tbsp extra virgin olive oil seasoned (w/ seasoning optional)	Brussels sprouts, garlic, onions, and peppers sautéed in 2 Tbsp extra virgin olive oil seasoned (w/ seasoning optional)
	PROTEIN CHOICES:	Steak (sirloin or London broil or lean ground beef), 4 oz	Lean ground turkey or beef, 4 oz	Any seafood of choice, 4 oz
(NIGHT SNACK)	\OPTIONAL (IF (IF HUNGRY)	Protein shake: 1 scoop protein w/ water OR unsweetened almond milk		