

# HIGH-PROTEIN LOW-CARB DIET MEAL PLAN

## DAY 1

B: Egg in a Hole Peppers with Avocado Salsa, Two clementines

S: Blueberries (one cup), 20 unsalted almonds

L: Salmon Salad-Stuffed Avocado

S: One Flourless Banana Chocolate Chip Mini Muffin

D: White-Bean Sage Cauliflower Gnocchi, Two cups mixed salad greens with one tablespoon Caesar salad dressing, Chopped cucumber(quarter cup), Chopped tomato(quarter cup), Diced avocado(three tablespoons)

## DAY 2

B: Two Flourless Banana Chocolate Chip Mini Muffins, Nonfat Greek Yogurt (One cup), Raspberries (One cup)

S: Blackberries (one cup)

L: Chicken Satay Bowls with Spicy Peanut Sauce

S: Shelled edamame, seasoned with coarse salt and pepper

D: Shrimp Scampi Zoodles, One slice whole wheat baguette brushed with olive oil (one teaspoon)

## DAY 3

B: Two Flourless Banana Chocolate Chip Mini Muffins, Raspberries (one cup), Nonfat Greek yogurt (one cup)

S: 25 unsalted almonds, Two clementines

L: Chicken Satay Bowls with Spicy Peanut Sauce

S: Blackberries (one cup)

D: Pork Paprikash with Cauliflower Rice, Roasted Fresh Green Beans

## DAY 4

B: Nonfat plain Greek yogurt, Raspberries (one cup), Chia seeds (one tablespoon), Honey (one teaspoon)

S: Shelled edamame (one cup), seasoned with coarse salt and pepper, Blackberries (one cup)

L: Chicken Satay Bowls with Spicy Peanut Sauce

S: One Flourless Banana Chocolate Chip Mini Muffin

D: Roasted Salmon with Smoky Chickpeas and Greens

## DAY 5

B: Low-Carb Bacon and Broccoli Egg Burrito

S: 20 unsalted almonds, Raspberries (one cup)

L: Chicken Satay Bowls with Spicy Peanut Sauce

S: Four celery stalks, Hummus (quarter cup)

D: Vegan Pesto Spaghetti with Mushrooms and Sun-Dried Tomatoes, No-salad-added canned white beans<sup>33</sup>, rinsed<sup>33</sup> (2/3 cup)

## DAY 6

B: Nonfat plain Greek yogurt (one cup), Raspberries (one cup), Chia seeds (one tablespoon), Honey (one teaspoon)

S: One string cheese, One small apple

L: Chicken Satay Bowls with Spicy Peanut Sauce

S: Raspberries (one cup), 15 unsalted almonds

D: Taco Lettuce Wraps, Pineapple and Avocado Salad

## DAY 7

B: Spring Green Frittata, Raspberries (one cup)

S: 20 unsalted almonds

L: Taco Lettuce Wraps, Sliced pineapple (half cup), Quarter avocado, sliced

S: Blackberries (one cup)

D: Zucchini Lasagna