

Meal plan

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
Meal 1	Cheese Omelette with mushrooms peppers and onions	Bacon tomatoes and mushrooms.	Bacon and eggs	Protein shake	Natural Yoghurt and palmful berries and chia seeds.	Scrambled egg and bacon	Natural Yoghurt and palmful berries.
Snack	Small handful of cashews	Handful of pumpkin seeds	Handful of almonds	Apple Slices with peanut butter.	Small handful of cashews	Lettuce Wrap	Handful of almonds
Meal 2	Chicken Salad	Tuna with homemade dressing on bed of lettuce and grated carrot	Grilled Chicken breast with Broccoli.	Ham Salad	Roasted red pepper soup	Chicken salad	Tuna salad.
Snack	Carrot sticks & Humous	Apple Slices	Small handful of cashews	Carrot sticks & humous	Celery sticks & humous	*Lettuce wrap	Hard boiled egg
Meal 3	Homemade chilli con carne with cauliflower rice	Chicken curry and cauliflower rice	Grilled Salmon, with Green Beans and Cauliflower.	Easy Chicken tomato zoodles	(150g) Turkey Burgers between 'lettuce buns' and cauliflower with cheese (20g).	Asparagus stuffed chicken parmesan	Steak and greens

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Meal 1	Omelette with peppers and onions	Natural Yoghurt and palmful berries and chia seeds.	Baked bacon wrapped asparagus with boiled egg/s	Cheese Omelette with mushrooms peppers and onions	Bacon tomatoes and mushrooms.	Boiled egg and asparagus soldiers	Spinach, mushroom, and feta omelette
Snack	Small handful of cashews	Handful of pumpkin seeds	Pepper slices and humus	Beef Jerky	Small handful of cashews	Handful of pumpkin seeds	Handful of almonds
Meal 2	Chicken Salad	Tuna with homemade dressing on bed of lettuce and grated carrot	BLT Salad (with mayo and chilli sauce dressing)	Pesto chicken avocado salad	Soup (of your choice – provided it's under 20g of carbs and under 250 kcals.	Chicken salad	Homemade soup
Snack	Carrot sticks & Humous	Apple Slices	Small handful of cashews	Carrot sticks & humous	Celery sticks & humous	*Lettuce wrap	Hard boiled egg
Meal 3	Cajun Chicken and Chorizo casserole with cauliflower rice	Shredded chicken Chilli	Grilled Cajun chicken and chorizo skewers.	Chicken curry with cauliflower rice	Baked Salmon (with lemon butter dressing) with Asparagus	Salmon BLT stacks.	Chicken and veg stir fry.

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Meal 1	Boiled egg and asparagus soldiers	Scrambled eggs with grilled tomato and mushrooms	Avocado and egg bake	Natural Yoghurt and palmful berries and chia seeds.	Omelette with peppers and onions	Egg and bacon ramekin	Protein shake
Snack	Small handful of cashews	Handful of pumpkin seeds	Handful of pumpkin seeds	Handful of almonds	Small handful of cashews	Handful of almonds	Beef Jerky
Meal 2	Soup (of your choice – provided it's under 20g of carbs and under 200 kcals.	Chicken salad	Egg and bacon ramekin	Tuna salad.	Chicken Salad	Grilled Chicken breast with broccoli.	Ham Salad
Snack	Carrot sticks & Humous	Apple Slices	Small handful of cashews	Carrot sticks & humous	Celery sticks & humous	*Lettuce wrap	Hard boiled egg
Meal 3	Pork chops and veg	Bacon & cheese cauliflower casserole	Cheese stuffed bacon cheese burger	Low carb crustless quiche.	Low carb beef and broccoli stir fry.	Salmon with chilli and lime butter	Chicken curry with cauliflower rice