

Getting Started:

A window into a “Day in the Life of Low Carb Living”

Breakfast:

- 1-2 scrambled eggs (1-2 net carbs)
- 2 pieces of bacon (0 net carbs)
- 3-4 strawberries (2-3 net carbs)

Lunch:

- Low carb wrap (5 net carbs)
- Turkey lunch meat- 3 ounces (0 net carbs)
- Slice of cheese- your choice (1 net carb)
- Toppings of your choice- lettuce, onion, tomato, mayo, mustard- all very low carb

Dinner:

- Kabobs on the grill
 - Meat of your choice (pork, chicken, steak, shrimp) = 0 net carbs
 - Veggies of your choice (onions, grilled peppers)
 - Peppers = 7 net carbs per 1 cup
 - Onions = 5.5 net carbs in ½ cup
- Spinach salad with feta or bleu cheese, tomatoes & pine nuts
 - Spinach = 0.2 net carbs per 1 cup
 - Cheese = 1 net carb per ounce
 - Pine nuts = 2.7 net carbs per ounce
 - Best dressing options: Olive oil/vinegar, Ranch, or Bleu cheese (0-1 net carb per Tbsp)

SHOPPING LIST FOR THIS DAY:

- Eggs
- Bacon
- Strawberry
- Low Carb Wraps
- Turkey Luncheon meat
- Cheese slices (your choice)
- Sandwich toppings of your choice (Lettuce, Tomato, Onions, Mayo, Mustard)
- Kabob sticks
- Meat of your choice for kabobs (pork, chicken, steak, shrimp)
- Peppers (recommend 2 per 4 servings)
- Onions (recommend 1 per 4 servings)
- Spinach
- Crumbled cheese (bleu or feta)
- Pine nuts
- Dressing of your choice (bleu cheese, ranch, olive oil/vinegar)

Net carb total: Roughly 30 net carbs depending on portion size & veggie choices

If you are interested in receiving weekly dinner meal plans like this along with shopping lists for the month—ask about

VitalMEALS