

7-Day Low-Carb Meal Plan for Beginners

All Meals + Grocery List

Day 1

- Breakfast: Scrambled eggs with spinach + avocado
- Lunch: Grilled chicken salad with olive oil dressing
- Snack: Almonds + cucumber slices
- Dinner: Baked salmon with roasted cauliflower

Day 2

- Breakfast: Greek yogurt (unsweetened) + berries + chia
- Lunch: Turkey lettuce wraps with hummus
- Snack: Boiled egg + cherry tomatoes
- Dinner: Zucchini noodles with meatballs & marinara

Day 3

- Breakfast: Cottage cheese + flaxseed + blueberries
- Lunch: Low-carb Chipotle-style bowl
- Snack: Celery + almond butter
- Dinner: Chicken stir fry with broccoli and bell peppers

Day 4

- Breakfast: Egg muffins with bell peppers and turkey sausage
- Lunch: Tuna salad on romaine leaves
- Snack: Greek yogurt + walnuts
- Dinner: Grilled shrimp with asparagus and lemon

Day 5

- Breakfast: Chia pudding with almond milk and berries
- Lunch: Chicken Caesar salad (no croutons)
- Snack: Veggie sticks + hummus
- Dinner: Beef and broccoli stir fry with cauliflower rice

Day 6

- Breakfast: Avocado and egg on low-carb toast
- Lunch: Zoodle bowl with pesto and grilled chicken
- Snack: Hard-boiled eggs + pickles
- Dinner: Baked turkey meatballs with roasted zucchini

Day 7

- Breakfast: Smoothie with spinach, berries, and protein powder
- Lunch: Egg salad lettuce wraps
- Snack: Cottage cheese + cucumber slices
- Dinner: Grilled salmon with sautéed kale and garlic

■ Grocery List

- Eggs
- Spinach
- Avocados
- Chicken breast
- Olive oil
- Cucumbers
- Salmon
- Greek yogurt (unsweetened)
- Berries
- Chia seeds
- Turkey
- Lettuce
- Hummus
- Cherry tomatoes
- Zucchini
- Ground beef
- Marinara sauce (no sugar added)
- Cottage cheese
- Flaxseed
- Almonds
- Celery
- Broccoli
- Bell peppers
- Turkey sausage
- Romaine lettuce
- Tuna
- Walnuts
- Shrimp
- Asparagus
- Lemon
- Caesar dressing (low sugar)
- Cauliflower rice
- Low-carb bread/toast
- Pesto
- Pickles
- Ground turkey
- Protein powder
- Kale
- Garlic