

# Low Carb / High Fat

# One Week Meal Plan

## Monday:

**Breakfast:** 2 or 3 eggs scrambled in 2T Butter, bacon, coffee w/Heavy Whipping Cream

**Snack:** Hard boiled egg diced & mixed with 1 Tablespoon Duke's Mayonnaise

**Lunch:** 2 handfuls of organic mixed greens with Marie's blue cheese dressing, 3 cherry tomatoes, 2 slices Boar's Head Roast Beef, rolled up & cut into little rounds, 1T Parmesan cheese

**Snack:** 2 slices bacon, 1 ounce of Sartori Merlot cheese

**Dinner:** 1 Chicken breast with homemade Alfredo sauce, 6 spears asparagus

## Tuesday:

**Breakfast:** 2 or 3 eggs scrambled in 2T Butter, bacon, coffee w/Heavy Whipping Cream

**Snack:** 6 slices cucumber with 1 teaspoon each Buffalo Chicken Dip

**Lunch:** 2 handfuls of organic mixed greens with Marie's blue cheese dressing, 1/2 chicken breast diced

**Snack:** 1oz Sartori cheese, 10 slices pepperoni

**Dinner:** Steak with herbed butter on top (Kerrygold sells an herbed butter at most high end grocery stores), 1/2 cup roasted broccoli with melted butter on top.

## Wednesday:

**Breakfast:** 2 or 3 eggs scrambled in 2T Butter, bacon, coffee w/Heavy Whipping Cream

**Snack:** 6 slices cucumber with 1 teaspoon each Buffalo Chicken Dip

**Lunch:** 2 handfuls of organic mixed greens with Marie's blue cheese dressing, topped with 1 can oil-packed tuna fish mixed with 2T Duke's Mayo, 3 cherry tomatoes

**Snack:** 2 slices bacon, coffee w/heavy whipping cream

**Dinner:** Cod (or other white, flaky fish) with Macaroni Grill's lemon butter sauce, 6 bacon roasted brussels sprouts.

## Thursday:

**Breakfast:** 2 or 3 eggs scrambled in 2T Butter, bacon, coffee w/Heavy Whipping Cream

**Snack:** 1 hard boiled egg mixed with 1T Duke's Mayonnaise

**Lunch:** 2 handfuls of organic mixed greens with olive oil and salt topped with leftover fish, 3 cherry tomatoes, 5 cucumber slices

**Snack:** 2 slices bacon, 1 ounce Sartori cheese

**Dinner:** Taco Salad with ground beef & homemade taco seasoning, lettuce, 2T Sour cream, 2T sugar free salsa, grated cheese,

## Friday:

**Breakfast:** 2 or 3 eggs scrambled in 2T Butter, bacon, coffee w/Heavy Whipping Cream

**Snack:** 10 slices pepperoni, 1oz Sartori Cheese

**Lunch:** Leftover taco salad

**Snack:** 6 slices cucumber with 1 teaspoon each Buffalo Chicken Dip

**Dinner:** Bunless Cheeseburger, 1 handful salad with Marie's Blue Cheese dressing

## Saturday:

**Breakfast:** 2 or 3 eggs scrambled in 2T Butter, bacon, coffee w/Heavy Whipping Cream

**Snack:** 1oz Sartori Cheese, hard boiled egg

**Lunch:** 2 handfuls of organic mixed greens with Marie's Blue Cheese dressing, 1/2 cheeseburger patty, 6 slices cucumber, 3 cherry tomatoes

**Snack:** Coffee w/Heavy Whipping Cream, 2 slices bacon

**Dinner:** Chicken Wings with homemade wing sauce: (1/2 cup Frank's Red Hot mixed with 2T butter & 1 teaspoon apple cider vinegar), 1 large handful salad with Marie's Blue Cheese dressing

## Sunday:

**Breakfast:** 2 or 3 eggs scrambled in 2T Butter, bacon, coffee w/Heavy Whipping Cream

**Snack:** 2 slices Boar's Head roast beef & 2 slices cheese rolled up together.

**Lunch:** 2 handfuls of organic mixed greens with Marie's Blue Cheese dressing, 1 can oil packed tuna, 2 cherry tomatoes, 4 slices cucumber

**Snack:** hard boiled egg diced & mixed with 1T Duke's Mayonnaise

**Dinner:** Chicken breasts pounded flat, salt & peppered on both sides, topped with pepperoni and cheese then rolled up and baked for 30 minutes, roasted broccoli with melted butter on top.

*This meal plan was not prepared by a medical professional, and is not to be taken as professional medical advice. It is intended to illustrate simply what the preparer eats on a weekly basis according to her doctor's nutritional advice.*