

Low Carb Diet Plan Week Two

	Breakfast	Lunch	Dinner	Snacks
Monday	Almond or coconut flour porridge https://sugarfreemeuk.com/2017/08/06/more-breakfasts-without-eggs/	Two egg mayonnaise with green salad	Chicken Curry with Asian Cauliflower Rice. http://rxprimal.com/2016/07/30/richards-15-minute-paleo-chicken-curry/ https://sugarfreemeuk.com/2017/07/24/asian-cauliflower-rice/	https://sugarfreemeuk.com/2017/07/26/snack-attack-time/ https://sugarfreemeuk.com/2017/07/24/snack-attack/
Tuesday	Low carb Granola with almond or cashew milk https://sugarfreemeuk.com/2017/05/15/breakfast/	Cauliflower Falafel with Tahini Dip https://sugarfreemeuk.com/2017/08/05/falafel-and-tahini-dip/	Cuban Pork Tenderloin http://247lowcarbdiner.blogspot.co.uk/2014/03/cuban-pork-tenderloin.html	https://sugarfreemeuk.com/2017/07/28/snack-attack-2/ 2 cheese string sticks
Wednesday	Almond or coconut flour porridge https://sugarfreemeuk.com/2017/08/06/more-breakfasts-without-eggs/	Green salad with leftover pork tenderloin	Roast spiced or any flavour you fancy chicken thighs (I sometimes just rub the outside with curry powder or garlic powder and dry roast in the oven, do extra for tomorrow's lunch) http://www.feastingathome.com/thai-roast-chicken-with-red-curry-rub/	Choose one of the above snacks per day
Thursday	Low carb Granola with almond or cashew milk https://sugarfreemeuk.com/2017/05/15/breakfast/	Cold roasted chicken cucumber and carrot stick and cherry tomatoes	Cauliflower Mash Shepherd's Pie http://www.gourmettraveller.com.au/recipes/recipe-search/chefs-recipes/2014/8/shepherds-pie/	
Friday	Almond or coconut flour porridge https://sugarfreemeuk.com/2017/08/06/more-breakfasts-without-eggs/	Mozzarella and salami slices with green salad	Lemon and Herb crusted Fish (your choice which fish) with Green Vegetables http://www.ditchthecarbs.com/2014/03/23/lemon-and-parsley-crumbed-fish/	
Saturday	2 eggs (however you want them) and 2 rashers of bacon	Two sausages (hot dog/ Kabanos/cold high quality ones) with green salad	Ginger Beef Stir Fry https://sugarfreemeuk.com/2017/08/08/ginger-beef-stir-fry/	
Sunday	Two poached eggs with Portobello mushrooms, spinach and cheese http://leangreennutritionfiend.com/portobello-mushroom-eggs-florentine/	Cucumber Subs https://sugarfreemeuk.com/2017/08/08/cucumber-subs/	Roast Chicken, Turkey or pork with Fried Cabbage and Bacon https://sugarfreemeuk.com/2017/06/29/fried-cabbage-and-bacon/ https://sugarfreemeuk.com/2017/06/29/fried-cabbage-and-bacon/	

