

## Low Carb Diet Plan

	Breakfast	Lunch	Dinner	Snack
<b>Monday</b>	Two eggs, however you like them, 2 rashers of streaky bacon.	Green salad with cubed ham and grated cheese	Miso Pork Chops with green beans and broccoli <a href="https://sugarfreemeuk.com/2017/07/24/miso-is-yum/">https://sugarfreemeuk.com/2017/07/24/miso-is-yum/</a>	2 cheese string sticks
<b>Tuesday</b>	Two eggs scrambled with chives	Two sausages (hot dog/ Kabanos/cold high quality ones) with green salad	Beef Satay with stir fried vegetables <a href="https://www.lowcarbmaven.com/beef-satay-low-carb-keto-sugar-free/">https://www.lowcarbmaven.com/beef-satay-low-carb-keto-sugar-free/</a>	2 cheese string sticks
<b>Wednesday</b>	Ham and cheese two egg omelette	Two burger patties with cheese and bacon	Roast spiced chicken thighs <a href="http://www.feastingathome.com/thai-roast-chicken-with-red-curry-rub/">http://www.feastingathome.com/thai-roast-chicken-with-red-curry-rub/</a>	2 cheese string sticks
<b>Thursday</b>	Two sausages with a poached egg	Two egg mayonnaise with green salad	Roast Pork belly with cauliflower and cheese	2 cheese string sticks
<b>Friday</b>	Two poached eggs with Portobello mushrooms, spinach and cheese ( <a href="http://leangreennutritionfiend.com/portobello-mushroom-eggs-florentine/">http://leangreennutritionfiend.com/portobello-mushroom-eggs-florentine/</a> )	Oven baked chicken wings <a href="http://www.joyfulhealthyeats.com/crispy-baked-garlic-parmesan-chicken-wings/">http://www.joyfulhealthyeats.com/crispy-baked-garlic-parmesan-chicken-wings/</a>	Tuna steak with steamed green vegetables	2 cheese string sticks
<b>Saturday</b>	Low Carb Pancakes with sugar free lemon curd <a href="http://sugarfreelondoner.com/almond-cream-cheese-pancakes/">http://sugarfreelondoner.com/almond-cream-cheese-pancakes/</a> ( <a href="https://sugarfreemeuk.com/2017/06/16/low-carb-zesty-lemon-curd/">https://sugarfreemeuk.com/2017/06/16/low-carb-zesty-lemon-curd/</a> )	Mozzarella and salami slices with green salad	Chilli con carne with cauliflower rice <a href="http://eatdrinkpaleo.com.au/paleo-chili-con-carne-with-beef-chorizo-recipe/">http://eatdrinkpaleo.com.au/paleo-chili-con-carne-with-beef-chorizo-recipe/</a>	<a href="https://sugarfreemeuk.com/2017/07/26/snack-attack-time/">https://sugarfreemeuk.com/2017/07/26/snack-attack-time/</a>  <a href="https://sugarfreemeuk.com/2017/07/24/snack-attack/">https://sugarfreemeuk.com/2017/07/24/snack-attack/</a>  Choose 1 of the Sat/Sun snacks
<b>Sunday</b>	Smoked salmon cream cheese roll-ups	Burrito Bowl ( you could use left over chilli for this) <a href="http://whittypaleo.com/main/paleo-easy-mexican-burrito-bowls">http://whittypaleo.com/main/paleo-easy-mexican-burrito-bowls</a>	Roast chicken or Turkey with roasted Mediterranean vegetables	<a href="https://sugarfreemeuk.com/2017/07/28/snack-attack-2/">https://sugarfreemeuk.com/2017/07/28/snack-attack-2/</a>  Choose 1 of the Sat/Sun snacks