

Low Carb Diet Week Four

	Breakfast	Lunch	Dinner	Snack/Treat
Monday	Choose from the following: <i>Almond or Coconut Porridge</i>	Cold meat (left over from Sunday roast) with green salad and tomatoes	Chicken Saltimbocca with broccoli florets https://sugarfreemeuk.com/2017/08/21/chicken-saltimbocca-alla-piccata/	Choose one of the Following snacks/treats per day
Tuesday	https://sugarfreemeuk.com/2017/08/06/more-breakfasts-without-eggs/ <i>Smoked salmon and cream cheese roll ups</i>	2 egg mayonnaise with green salad	Cheese stuffed Bunless Burgers https://www.lowcarbmaven.com/low-carb-steakhouse-burger-recipe-keto/	https://sugarfreemeuk.com/2017/07/26/snack-attack-time/ https://sugarfreemeuk.com/2017/07/24/snack-attack/
Wednesday	<i>Eggs (any way you want with or without bacon or sausages) Ham and Cheese Omelette</i>	Guacamole with vegetable sticks. https://sugarfreemeuk.com/2017/08/25/low-carb-aip-guacamole/	Roast Chicken Thighs with Fried Leeks Spring Onions and Bacon https://sugarfreemeuk.com/2017/07/24/i-could-eat-a-whole-batch-of-this/	https://sugarfreemeuk.com/2017/07/28/snack-attack-2/ 2 cheese string sticks
Thursday	<i>Eggs Florentine</i> http://leangreennutritionfiend.com/portobello-mushroom-eggs-florentine/	Cottage cheese with walnuts and hot sauce https://sugarfreemeuk.com/2017/08/18/great-lunches/	Poached Salmon with Dill and Horseradish sauce served with green beans https://sugarfreemeuk.com/2017/08/24/poached-salmon-with-dill-and-horseradish-sauce-2/	https://sugarfreemeuk.com/2017/07/24/coffee-and-walnut-muffins/
Friday	<i>Chia Pudding</i> https://sugarfreemeuk.com/2017/08/06/chia-puddings/	BLT salad https://sugarfreemeuk.com/2017/08/18/great-lunches/	Low Carb Chicken Tacos https://www.livingchirpy.com/2016/low-carb-shredded-chicken-tacos/	
Saturday	Home Made Coconut Yogurt https://sugarfreemeuk.com/2017/08/12/coconut-yoghurt/ You can also use this as a cream to have with your muffin	Spinach salad https://sugarfreemeuk.com/2017/08/18/great-lunches/	Steak with Chimichurri and green vegetables https://sugarfreemeuk.com/2017/08/20/versatile-chimichurri/	
Sunday			Roast Chicken, Turkey or Pork with Roasted Vegetables or Cauliflower Mash and a green vegetable of your choice	

