Low carb diet						
Mon	Tues	Wed	Thur	Fri	Sat	Sun
Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:		Breakfast:
2 Eggs		30g Dry game		175ml Plain	30g Dry game	2 Eggs
	vogurt	biltong		vogurt	biltong	
1 Apple	1 Pear	1 Orange	1 Apple	1 Pear	1 Orange	1 Apple
<u>Snack:</u>	<u>Snack:</u>	<u>Snack:</u>	<u>Snack:</u>	Snack: 1Rice cake	<u>Snack:</u>	<u>Snack:</u>
1Provita with Bovril	Apple	1 Provita	1 Nartjie	with Bovril	Apple	1/2 pineapple
		1slice				
Lunch:	Lunch:	mozzarella Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
	Lunon	Sauteed	<u>Lunon.</u>	<u>Lunon.</u>	Lunon	<u>Lunon.</u>
		mushrooms,		Chicken		Spinach
2 Cracker bread	100g chicken	onions on			100g Steak	quiche
		zucchini	tuna [1 tin]	crumbed]		44.0.00
		noodles		with	O a sati ( a st	
2 alian ham	9 groop colod			cucumber	Sautéed	COganinaah
2 slice ham	& green salad			and onion	-	d 60g spinach
With tomato and				salad.	baby marrows	
lettuce						6 eggs
						Salt& pepper
						60g Mozzarella
						Bake in muffir
						pan.
						Have 2
Snack:	Snack:	Snack:	Snack:	Snack:	Speak	muffins.
<u>Snack:</u>			Snack:	Shack:	Snack: 175ml Plain	Snack:
1 Nartjie	1 Provita with	1 Apple	½ Pineapple	1 Apple	yogurt & ½	2 Provitas
	Bovril				pineapple	
						Cucumber
Dinner:	Dinner:	<u>Dinner:</u>	Dinner:	Dinner:	Dinner:	Dinner:
<b>_</b>		Ctoomood main		100g Mince		
Tuna casserole	Zucchini noodles	Steamed mix	100g Fish	-	Chicken strips	Chicken piece
Tuna casserole	Zucchini noodles	vegetables	100g Fish	patty	Chicken strips	Chicken piece
I una casserole		vegetables	100g Fish	patty Sauteed		Chicken piece
		vegetables	100g Fish	patty Sauteed onions and		
Tuna casserole 250g cauliflower	Zucchini noodles Sauteed onions, mushrooms	vegetables	100g Fish	patty Sauteed onions and mushroom.F	Avo	Chicken piece Broccoli
	Sauteed onions,	vegetables	100g Fish	patty Sauteed onions and mushroom.F old in lettuce	Avo	
250g cauliflower	Sauteed onions, mushrooms	vegetables	100g Fish	patty Sauteed onions and mushroom.F	Avo	Broccoli
	Sauteed onions,	vegetables	100g Fish	patty Sauteed onions and mushroom.F old in lettuce	Avo	
250g cauliflower	Sauteed onions, mushrooms	vegetables	100g Fish	patty Sauteed onions and mushroom.F old in lettuce	Avo Tomato Onion	Broccoli
250g cauliflower [steam] 2 tins tuna	Sauteed onions, mushrooms and peppers	vegetables	100g Fish	patty Sauteed onions and mushroom.F old in lettuce	Avo Tomato Onion Fold all as a	Broccoli Carrots Baby marrows
250g cauliflower [steam] 2 tins tuna 4 tablespoons	Sauteed onions, mushrooms and peppers	vegetables	100g Fish	patty Sauteed onions and mushroom.F old in lettuce	Avo Tomato Onion Fold all as a wrap with	Broccoli Carrots Baby marrows
250g cauliflower [steam] 2 tins tuna 4 tablespoons onions	Sauteed onions, mushrooms and peppers	vegetables	100g Fish	patty Sauteed onions and mushroom.F old in lettuce	Avo Tomato Onion Fold all as a	Broccoli Carrots Baby marrows Onions
250g cauliflower [steam] 2 tins tuna 4 tablespoons	Sauteed onions, mushrooms and peppers	vegetables	100g Fish	patty Sauteed onions and mushroom.F old in lettuce	Avo Tomato Onion Fold all as a wrap with	Broccoli Carrots Baby marrows Onions Cabbage
250g cauliflower [steam] 2 tins tuna 4 tablespoons onions 50g red pepper	Sauteed onions, mushrooms and peppers	vegetables	100g Fish	patty Sauteed onions and mushroom.F old in lettuce	Avo Tomato Onion Fold all as a wrap with	Broccoli Carrots Baby marrows Onions Cabbage Cook all with
250g cauliflower [steam] 2 tins tuna 4 tablespoons onions	Sauteed onions, mushrooms and peppers	vegetables	100g Fish	patty Sauteed onions and mushroom.F old in lettuce	Avo Tomato Onion Fold all as a wrap with	Broccoli Carrots Baby marrows Onions Cabbage Cook all with curry as a
250g cauliflower [steam] 2 tins tuna 4 tablespoons onions 50g red pepper 2 eggs	Sauteed onions, mushrooms and peppers	vegetables	100g Fish	patty Sauteed onions and mushroom.F old in lettuce	Avo Tomato Onion Fold all as a wrap with	Broccoli Carrots Baby marrows Onions Cabbage Cook all with curry as a stew Eat over
250g cauliflower [steam] 2 tins tuna 4 tablespoons onions 50g red pepper 2 eggs 200g cheddar	Sauteed onions, mushrooms and peppers	vegetables	100g Fish	patty Sauteed onions and mushroom.F old in lettuce	Avo Tomato Onion Fold all as a wrap with	Broccoli Carrots Baby marrows Onions Cabbage Cook all with curry as a stew Eat over cauliflower
250g cauliflower [steam] 2 tins tuna 4 tablespoons onions 50g red pepper 2 eggs	Sauteed onions, mushrooms and peppers	vegetables	100g Fish	patty Sauteed onions and mushroom.F old in lettuce	Avo Tomato Onion Fold all as a wrap with	Broccoli Carrots Baby marrows Onions Cabbage Cook all with curry as a stew Eat over