

Low carb diet

Mon	Tues	Wed	Thur	Fri	Sat	Sun
Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:
2 Eggs	175ml Plain yogurt	30g Dry game biltong	2 Eggs	175ml Plain yogurt	30g Dry game biltong	2 Eggs
1 Apple	1 Pear	1 Orange	1 Apple	1 Pear	1 Orange	1 Apple
Snack:	Snack:	Snack:	Snack:	Snack:	Snack:	Snack:
1 Provita with Bovril	Apple	1 Provita	1 Nartjie	1 Rice cake with Bovril	Apple	1/2 pineapple
		1 slice mozzarella				
Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
2 Cracker bread	100g chicken	Sauteed mushrooms, onions on zucchini noodles	2 Cracker bread with tuna [1 tin]	Chicken strips [not crumbed]	100g Steak	Spinach quiche
2 slice ham	& green salad			with cucumber and onion salad.	Sautéed cabbage and baby marrows	60g spinach
With tomato and lettuce						6 eggs
						Salt & pepper
						60g Mozzarella
						Bake in muffin pan.
						Have 2 muffins.
Snack:	Snack:	Snack:	Snack:	Snack:	Snack:	Snack:
1 Nartjie	1 Provita with Bovril	1 Apple	½ Pineapple	1 Apple	175ml Plain yogurt & ½ pineapple	2 Provitas
						Cucumber
Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:
Tuna casserole	Zucchini noodles	Steamed mix vegetables	100g Fish	100g Mince patty	Chicken strips	Chicken piece
250g cauliflower	Sauteed onions, mushrooms	100g Steak	Green salad	Sauteed onions and mushroom. Fold in lettuce as a burger.	Avo	Broccoli
[steam]	and peppers				Tomato	Carrots
2 tins tuna					Onion	Baby marrows
4 tablespoons onions					Fold all as a wrap with lettuce.	Onions
50g red pepper						Cabbage
2 eggs						Cook all with curry as a stew
200g cheddar cheese						Eat over cauliflower rice
Mix all and bake 30 min						