

Low-Carb Menu For One Week

Monday

- **Breakfast:** Omelet with various vegetables, fried in butter or coconut oil.
- **Lunch:** Grass-fed yogurt with blueberries and a handful of almonds.
- **Dinner:** Cheeseburger (no bun), served with vegetables and salsa sauce.

Tuesday

- **Breakfast:** Bacon and eggs.
- **Lunch:** Leftover burgers and veggies from the night before.
- **Dinner:** Salmon with butter and vegetables.

Wednesday

- **Breakfast:** Eggs and vegetables, fried in butter or coconut oil.
- **Lunch:** Shrimp salad with some olive oil.
- **Dinner:** Grilled chicken with vegetables.

Thursday

- **Breakfast:** Omelet with various vegetables, fried in butter or coconut oil.
- **Lunch:** Smoothie with coconut milk, berries, almonds and protein powder.
- **Dinner:** Steak and veggies.

Friday

- **Breakfast:** Bacon and Eggs.
- **Lunch:** Chicken salad with some olive oil.
- **Dinner:** Pork chops with vegetables.

Saturday

- **Breakfast:** Omelet with various veggies.
- **Lunch:** Grass-fed yogurt with berries, coconut flakes and a handful of walnuts.
- **Dinner:** Meatballs with vegetables.

Sunday

- **Breakfast:** Bacon and Eggs.
- **Lunch:** Smoothie with coconut milk, a bit of heavy cream, chocolate-flavored protein powder and berries.
- **Dinner:** Grilled chicken wings with some raw spinach on the side.