

Hello,

I am Andrea. Losing weight does not mean you should not eat anything :)

This low-carb diet is full of delicious food.

You will lose weight without feeling bored.

Tomorrow I will talk about the second pillar of weight loss. The exercise.

Don't forget to check your email tomorrow :)

Here is your 7 day meal plan.

Monday

Breakfast: – 3 Egg Omelet with Spinach, Cheese, and Sausage

Eggs are a healthy, nutrient-dense food that has been incorrectly maligned for years.

Cholesterol in food doesn't increase cholesterol in your blood, so eat eggs liberally – they're packed with protein and lutein, and they fill you up for hours.

Make a healthy omelet with some cheddar, crumbled breakfast sausage, and shredded spinach and you're already looking at over 30g of protein, just for breakfast!

Spinach is a great source of magnesium and potassium, too.

Add some sea salt and you've got a big dose of electrolytes that are so vital to maintaining energy and staving off headaches.

Lunch – BLT Salad

Take a 2 – 3 cups of lettuce, crumble in some bacon and dice a medium tomato.

Mix that with two or three tablespoons of mayo, and toss after adding some splashes of hot sauce.

Delicious, filling, full of fiber and healthy fats, and absolutely easy. I know the mayo sounds weird as a dressing, but trust us; it's amazing! Add in some avocado chunks to boost potassium too!

Dinner – Baked Salmon with Asparagus

The beauty of salmon is that you can cook it with marginal interference.

A simple sauce of butter, lemon juice, chopped garlic, and some salt and pepper will go a long way to enhancing the natural flavor of the salmon.

Drizzle the sauce over 4-6 oz portions of fish, bake at 450F for 5 minutes per 1/2" thickness of fish.

In another bowl, toss the asparagus with olive oil, salt, and pepper, spread it out evenly on a cookie sheet, and roast in the oven at 450 for 20 minutes.

Easy dinner (with leftovers if you plan ahead) that's full of nutrition, protein, and healthy fat, while keeping your carbs low.

Tuesday

Breakfast – Bacon and Eggs

A simple standby, but one that ketoers adore. 2 or 3 fried eggs and some bacon might not sound like much, but it's full of protein that will keep you full and energized all morning.

Take the opportunity on the weekend to lay your bacon strips on a single cookie sheet and bake in the oven for 20 minutes at 400 degrees.

The result is the best bacon you've ever had, in a big batch, with no sitting over a popping, hissing frying pan.

Lunch – Spinach Salad

You'll quickly find that salads are your friend when in ketosis, and for a good reason: they provide lots of food to fill you up, but they're not going to bog you down.

A bed of spinach with some red onion, bacon, a little tomato, and a hot sauce vinaigrette is quick and delicious.

Add in some protein – perhaps that leftover salmon from day 1 – and you've got a complete, healthy lunch.

Hot sauce vinaigrette – 1/2 cup olive oil, 1/4 cup vinegar, hot sauce to taste – mix together and apply to salad. Eat!

Dinner – Cheese-Stuffed Bunless Burgers

This is pretty easy – cook a couple of fresh beef patties, and then top one in cheese and stack the other on top.

Stick them on a plate and cover in veggies and low carb sauces, and eat with a fork! Who needs the bun?

Wednesday

Breakfast – Eggies

You'll quickly find that eggs are a staple for breakfast in low carb diets. Eggies are a simple solution for days of healthy breakfasts.

Simply beat 8 eggs in a bowl, add in cheese and vegetables, and pour into muffin tins that have been lined with a strip of bacon.

Cook at 350 for 30 minutes, or until a toothpick stuck in the middle comes out clean. Store in baggies for breakfast for up to 5 days.

Lunch – Cottage Cheese, Walnuts, and Hot Sauce

Bear with me here, because I was skeptical at first, too, but for a quick, delicious meal, you can't go wrong here.

Conversely, you could use cottage cheese and blueberries, if walnuts and hot sauce aren't your thing.

Dinner – Meatloaf

A good quality meatloaf needs meat and a binder, and fortunately on keto, we've got great options for both.

Using chopped mushrooms and onions as a binder instead of bread crumbs adds flavor and nutrients, and keeps carbs down. Add a veggie side and you're all set!

Thursday

Breakfast – Eggies

You've got them – why not sleep in today, knowing breakfast is covered?

Lunch – Tuna Salad Lettuce Wraps

Making a tuna salad with low carb ingredients is easy and delicious, doubly so when you chop up some fresh avocado into said salad.

Using sheathes of endive or romaine lettuce to transport and eat the salad is even better!

Dinner – Slaw Hash

Shred a head of cabbage, and cook with onions, ground beef, soy sauce, red pepper flakes, butter, and garlic.

Sounds weird, but it's so good. You could even use leftover chopped up meatloaf here if you have it for even more flavor.

Friday

Breakfast – Eggies and/or Fat Coffee

All the rage now, fat coffee is kind of exactly what it sounds like. Taking a good quality coffee, and blending it with 2 tbsp of grassfed butter, 1-2 tbsp of coconut oil, and stevia or whatever other zero-calorie sweetener and flavors you like.

This coffee greatly boosts energy and suppresses hunger, and it's frothy and delicious!

Lunch – Spam Fries and Cole Slaw

If you saved some cabbage (uncooked) from last night's dinner, make a simple slaw using low carb ingredients, and chop up some spam into fry-like sections, and fry them up in a frying pan, or bake them for 20 minutes at 350. Serve with ranch or low carb ketchup!

Dinner – Tacos

Use your favorite taco recipe, cook up some beef, and use romaine for shells. Add in some full fat sour cream and cheese, and you'll never miss the tortillas.

Caution here, though, as store-bought taco seasoning is often very carby. Check labels!

Saturday

Breakfast – Eggies

Lunch – Taco Salad

Take your leftover tacos and make a huge taco salad. Top with salsa and sour cream, and some shredded cheese. Fat, protein, and veggies will fill you up all day!

Dinner – Pork Roast and Roasted Veggies

A nice pork roast, rubbed down with cumin, salt, and garlic, will give you leftovers for days, tastes amazing, and is pretty cheap.

Pair that with some brussels sprouts, broccoli, or cauliflower that has been roasted in the oven until brown and delicious, and you've got a comfort meal, keto-style!

Sunday

Breakfast – Avocado-Baked Eggs

Cut an avocado in 2, crack an egg in the seed hole, and bake until the egg is set. Breakfast in the time it takes you to shower!

Lunch – Chicken and Hummus Lettuce Wraps

Deli sliced chicken, spread with savory hummus and wrapped up in butter lettuce, is a quick, healthy lunch that provides a protein punch and without a ton of calories.

Dinner – Philly Cheesesteak Casserole

Using your leftover pork roast, mix with sliced onions and peppers, cream cheese, and shredded cheddar, and bake in the oven for 30 minutes at 350.

Delicious, easy, and hearty, this meal is a crowd favorite, even if they're not into low carb living!

Eating Low Carb Doesn't Mean Flavorless "Diet" Food

The best part of low carb eating is that you can still have rich, savory foods – dieting isn't really a part of the lifestyle.

Your body regulates your hunger naturally, so keeping your carbs low is the main concern.

Being able to do that while still enjoying roast, fish, and big, healthy salads is what makes low carb so easy to stick with, and keep the weight off for good.