



MENU PLAN

PHASE ONE **WEEK ONE**

Daily drink: water, herbal tea, unflavoured soda or mineral water, kombucha, clear soups or broth, black coffee or tea.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEAL 1	Poached eggs	Mushrooms	Smoothie p30*	Haloumi & vegies	Bacon & vegies	Berry crumble p7*	Protein pancakes
Protein	eggs*	cheese*	Proti powder	haloumi*	bacon	Proti vanilla powder	Proti powder
Fat	(eggs*)	(cheese*)	cream	(haloumi*)	coconut oil	walnuts, pecans, butter	butter
Low carb	grilled tomatoes, spinach	mushrooms filled with fried onion capsicum & tomato	strawberries	field or flat mushrooms rockmelon	parsley, grilled tomatoes	mulberries	tomato, spinach & parsley
SNACK	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)
MEAL 2	Tuna salad	Omelette p25* with side salad	Lamb salad	Broth p9* and chicken kebabs	Turkey salad	Grilled chicken or pork chops with salad	Salmon salad
Protein	tuna	salami*, cheese*	chicken	tuna	feta*	eggs*, cheese*	roasted chicken
Fat	mayonnaise	(salami*, cheese*)	olive oil	olive oil	(feta*)	(eggs*, cheese*)	coconut oil
Low carb	shredded cabbage, bean sprouts, cucumber	zucchini, parsley, mushrooms & side salad	lettuce, tomato, bean sprouts, radishes	vegetable soup	lettuce, snow peas, capsicum	side salad	tomato, rocket
SNACK	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)
MEAL 3	Grilles steak & vegies	Lamb roast	Grilled fish and salad	Bun-less burgers p10*	Barbecued prawns and vegies	Roast beef	Pan fried veal
Protein	steak	lamb	fish	2-minute steaks	prawns	beef	veal
Fat	butter	olive oil or butter	avocado	olive oil	olive oil	olive oil	butter
Low carb	sauteed onions, zucchini, green beans	roasted broccoli, Brussels sprouts, capsicum, onion	lemon, garlic, parsley, side salad	tomato, lettuce, onion	steamed greens, BBQ capsicum	roasted zucchini, turnip, cauliflower	garlic, tomatoes, mushrooms, cauliflowers

*Recipes from the Low Carb Meal Ideas cookbook
 + These foods count as a Protein - higher fat



MENU PLAN

PHASE ONE **WEEK TWO**

Daily drink: water, herbal tea, unflavoured soda or mineral water, kombucha, clear soups or broth, black coffee or tea.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEAL 1	Breakfast muffins p8*	Bacon and eggs	Smoothie p30*	Haloumi & vegies	Bacon & vegies	Berry crumble p7*	Protein pancakes
Protein	bacon, egg*, cheese*	bacon, egg*	Proti powder	haloumi*	bacon	Proti vanilla powder	Proti powder
Fat	mayonnaise	(salami*, cheese*)	olive oil	olive oil	(feta*)	(eggs*, cheese*)	coconut oil
Low carb	veggies	mushroom, spinach	strawberries	spinach, mushroom	cabbage, mushroom	raspberries	rockmelon
SNACK	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)
MEAL 2	Tuna salad	Antipasto platter	Chicken salad	Tuna salad	Roasted veggie salad	Omelette p25*	Roast chicken
Protein	shaved turkey	salami*, cheese*	chicken	tuna	feta*	eggs*, cheese*	roasted chicken
Fat	mayonnaise	(salami*, cheese*)	olive oil	olive oil	(feta*)	(eggs*, cheese*)	coconut oil
Low carb	mixed salad	olives, vegie platter	mixed salad	mixed salad	roasted vegies	veggies	shallots, garlic, vegies
SNACK	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)
MEAL 3	Crumbled fish	Chicken 'pasta'	Salmon and salad	Butter chicken	Turkey salad	'Pizza' p27*	Bolognese p8*
Protein	fish	chicken	salmon	chicken	bacon	Proti vanilla powder	Proti powder
Fat	desiccated coconut	pesto p26*	olive oil	butter	coconut oil	walnuts, pecans, butter	butter
Low carb	side salad	zucchini 'noodles'	side salad	cauliflower mash p11*	grated zucchini, side salad	zucchini pizza	mushrooms, capsicum, broccoli, zucchini, cabbage 'noodles'

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MENU PLAN

PHASE ONE **WEEK THREE**

Daily drink: water, herbal tea, unflavoured soda or mineral water, kombucha, clear soups or broth, black coffee or tea.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEAL 1	Berry crumble p7*	Smoothie p30*	Berry pancakes p7*	Smoothies p30*	Berry crumble p7*	Bacon & eggs	Bacon & eggs
Protein	Proti vanilla powder	Proti powder	eggs*	Proti powder	Proti vanilla powder	bacon, eggs*	bacon, eggs*
Fat	walnuts, pecans, butter	cream	(eggs*)	cream	walnuts, pecans, butter	(eggs*)	(eggs*)
Low carb	raspberries	strawberries	mulberries	raspberries	strawberries	raspberries	zucchini, capsicum
SNACK	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)
MEAL 2	Chicken 'pasta' and salad	Cauliflower soup	Bacon and broccoli salad	Roast chicken and veggies	Chicken and basil patties p12*	Bolognaise p8*	Bun-less burgers p10*
Protein	chicken	tasty cheese*	bacon	chicken	chicken	minced meat*	2-minute steak
Fat	dressing: peanut butter, white wine vinegar, lemon juice	(tasty cheese*), butter	olive oil	olive oil	olive oil	(minced meat*)	butter
Low carb	Chinese cabbages, zucchini noodles, shallots, cucumber salad	cauliflower	broccoli, shallots, sun-dried tomato salad	roasted vegies	roasted vegies	spinach, tomato, onion, capsicum	tomato, onion, cucumber, lettuce
SNACK	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)
MEAL 3	Rustic shepherd's pie p29*	Butter chicken	Chicken laksa	Bolognaise p8*	Steak and bocconcini salad	Chicken parmigiana	Lamb roast
Protein	minced meat*	chicken	chicken	minced meat*	steak, (bocconcini*)	chicken, ham, cheese	lamb
Fat	(minced meat*)	butter	coconut oil	(minced meat*)	(bocconcini*), olive oil	(cheese*)	olive oil
Low carb	veggies, wilted greens	cauliflower 'rice', tomato	zucchini, tomato, green beans, bean sprouts, broccoli	spinach, tomato, onion, capsicum, cauliflower, broccoli	tomato, basil	tomato, steamed vegies	tomato, Spanish onion, zucchini, cauliflower

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MENU PLAN

PHASE ONE **WEEK FOUR**

Daily drink: water, herbal tea, unflavoured soda or mineral water, kombucha, clear soups or broth, black coffee or tea.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEAL 1	Berry crumble p7*	Green smoothie	Pancakes	Poached eggs	Berry pancakes p7*	Green smoothie	Poached eggs
Protein	Proti vanilla powder	Proti powder	Proti powder	eggs*	eggs*	Proti powder	eggs*
Fat	walnuts, pecans, butter	avocado	creme fraiche	(eggs*)	(eggs*)	avocado	(eggs*)
Low carb	raspberries	spinach	raspberries	piece of cauliflower pizza base	mulberries	spinach	piece of cauliflower, pizza base
SNACK	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)
MEAL 2	Prosciutto "pizza" p27*	Chorizo salad	Chicken breast wrapped in bacon	Taco wraps	Salmon salad	Frittata	Bun-less burgers p10*
Protein	prosciutto, mozzarella*, egg*	chorizo*	chicken breast, bacon	minced meat*	canned salmon	bacon, eggs*	minced meat*
Fat	(mozzarella*, egg*)	(chorizo*)	olive oil	(minced meat*)	mayonnaise	(eggs*)	(minced meat*), olive oil
Low carb	zucchini, olives	mixed salad	broccoli salad and spinach	tomato, spinach, lettuce	leafy green salad	olives, garden salad	tomato, cucumber, onion
SNACK	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)	Shake with water (1 Tbsp cream opt)
MEAL 3	Taco wrap	Chicken breast wrapped in bacon	Corned beef and veggies	Chicken in mushroom sauce	Bun-less burger p10*	Steak 'pasta'	Seafood "pizza" p27*
Protein	minced meat*	chicken breast, bacon	corned beef	chicken	minced meat*	fillet steak	seafood of choice, egg*, mozzarella*
Fat	(minced meat*)	olive oil	butter	cream	(minced meat*), olive oil	olive oil	(egg*, mozzarella*)
Low carb	tomato, spinach, lettuce	broccoli salad and spinach	cauliflower mash p11*, bok choy, Brussels sprouts	mushrooms, broccoli, cauliflower, silverbeet	tomato, cucumber, onion	rainbow veggie noodles	zucchini, rocket

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