



MENU PLAN

PHASE TWO 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	Frittata p19*	Stuffed mushrooms	Omelette p25*	Berry crumble p7*	Zucchini and dill frittata p36*	Eggplant rarebit p16*	Zucchini and lentil patties p39*
Protein	eggs*, cheese*	bacon, cheese*	eggs*, cheese*	Proti vanilla powder	(eggs*, feta*)	cheese*, eggs*	eggs*
Fat	(eggs*, cheese*)	(cheese*)	(eggs*, cheese*), butter	walnuts, pecans, butter	(eggs*, feta*)	(cheese*, egg*), oil	(eggs*), oil
Low carb	mixed veggies	flat mushrooms	zucchini, mushrooms, parsley, lemon	strawberries	zucchini, spring onion, dill	spinach, mushrooms	zucchini, tomatoes, mushrooms
Moderate carb	nectarine	figs	orange	yoghurt	grated carrot	eggplant	lentils
SNACK	Shake with water (1 Tbsp cream opt)	cookie	Shake with water (1 Tbsp cream opt)	cookie	Shake with water (1 Tbsp cream opt)	cookie	Shake with water (1 Tbsp cream opt)
MEAL 2	Smoked salmon salad	Chicken salad	Beef and vegetable soup p6*	Marinated lamb skewers p23*	Tuna salad	Bolognaise p8* vegetables	'Pizza' p27*
Protein	smoked salmon, feta*	chicken	beef, cheese*	lamb	tuna, feta	minced meat*, parmesan*	roasted chicken
Fat	(feta*) avocado	coconut or olive oil	(cheese*)	olive oil	walnuts	(minced meat*, parmesan*)	(egg*, mozzarella*, prosciutto*)
Low carb	rocket, tomato, cucumber, spring onion	lettuce, tomato, capsicum, spring onion	onion, cabbage, celery, capsicum, parsley	onion, lemon, salad veggies	bean sprouts, mixed leaves, celery, spring onion, capsicum	tomato, spinach, mushrooms, capsicum, zucchini, cabbage 'noodle' or cauliflower	zucchini, rocket
SNACK	bar serve	Shake with water (1 Tbsp cream opt)	bar serve	Shake with water (1 Tbsp cream opt)	bar serve	Shake with water (1 Tbsp cream opt)	bar serve
MEAL 3	Stuffed chicken p33*	BBQ steak	Coconut fish p14*	Rustic shepherd's pie p29*	Stuffed capsicum p32*	Fish curry	Roast lamb/beef/chicken
Protein	chicken, prosciutto*, camembert*	steak	fish	2-minute steaks	prawns	beef	veal
Fat	pine nuts, (prosciutto*, camembert)	pesto p26*	desiccated coconut, coconut oil	olive oil	olive oil	olive oil	butter
Low carb	broccoli, asparagus, cabbage	BBQ onion, broccoli, asparagus	mixed leaves, bean shoots, snow peas, capsicum, baby corn, coriander	onion, zucchini, cauliflower, broccoli, tomatoes	diced veggies, oregano, garlic, capsicum	tomatoes, onion, garlic, gai lan, ginger, lemongrass	roast zucchini, steamed green beans, button squash

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



MENU PLAN

PHASE TWO WEEK TWO

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEAL 1	Breakfast muffins p8*	Bacon and eggs	Smoothie p30*	Haloumi & veggies	Bacon & veggies	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*), pesto p26*	(eggs*, cheese*), oil	coconut oil
Low carb	veggies	mushroom, spinach	strawberries	spinach, mushroom	cabbage, mushroom	rhubarb	strawberries
Moderate carb	apricots	eggplant	yoghurt	eggplant	dragon fruit	yoghurt	sweet corn
SNACK	Shake with water (1 Tbsp cream opt)	cookie	Shake with water (1 Tbsp cream opt)	cookie	Shake with water (1 Tbsp cream opt)	cookie	Shake with water (1 Tbsp cream opt)
MEAL 2	Turkey 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	(feta*) avocado	coconut or olive oil	(cheese*)	olive oil	walnuts	(minced meat*, parmesan*)	(egg*, mozzarella*, prosciutto*)
Low carb	mixed salad	veggie platter	mixed salad	mixed salad	roasted veggies	veggies	shallots, garlic, veggies
SNACK	bar serve	Shake with water (1 Tbsp cream opt)	bar serve	Shake with water (1 Tbsp cream opt)	bar serve	Shake with water (1 Tbsp cream opt)	bar serve
MEAL 3	Crumbled fish	Chicken 'pasta'	Salmon and salad	Butter chicken	Turkey salad	'Pizza' p27*	Bolognese p8*
Protein	fish	chicken	salmon	chicken	turkey patties	salami*, cheese*	minced beef
Fat	desiccated coconut	pesto p26*	olive oil	coconut oil	coconut oil	(salami*, cheese*)	(minced beef*), oil
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 TWO 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 crumble p7*	Smoothie p30*	Berry Crumble p7*	Bacon & eggs	Bacon & eggs
Protein	Proti vanilla powder	Proti powder	Proti vanilla powder	Proti powder	Proti vanilla powder	bacon, eggs*	bacon, eggs*
Fat	walnuts, pecans, butter	cream	walnuts, pecans, butter	cream	walnuts, pecans, butter	(eggs*)	(eggs*)
Low carb	raspberries	strawberries	rhubarb	mulberries	strawberries	mushrooms, spinach	zucchini, capsicum
Moderate carb	yoghurt	yoghurt	yoghurt	yoghurt	passionfruit	eggplant	sauerkraut
SNACK	Shake with water (1 Tbsp cream opt)	cookie	Shake with water (1 Tbsp cream opt)	cookie	Shake with water (1 Tbsp cream opt)	cookie	Shake with water (1 Tbsp cream opt)
MEAL 2	Chicken 'pasta' and salad	Cauliflower and cheese soup	Bacon and broccoli soup	Roasted chicken and veggies	Chicken and basil patties	Bolognaise p8*	Bun-less burgers p10*
Protein	chicken	1 slice Protein Bread toast, cheese	bacon	chicken	chicken	minced beef*	2-minute steak
Fat	dressing: peanut butter, white wine vinegar, lemon juice	butter, (cheese*)	olive oil	olive oil	olive oil	(minced beef*), oil	butter
Low carb	Chinese cabbage, cucumber salad, zucchini noodles, shallots	cauliflower	broccoli, sun-dried tomato salad, shallots	roasted veggies	side salad	spinach, tomato, onion, capsicum	onion, tomato, cucumber, lettuce
SNACK	bar serve	Shake with water (1 Tbsp cream opt)	bar serve	Shake with water (1 Tbsp cream opt)	bar serve	Shake with water (1 Tbsp cream opt)	bar serve
MEAL 3	Rustic shepherd's pie p29*	Butter chicken	Chicken laksa	Bolognaise p8*	Steak and bocconcini salad	Chicken parmigiana	Lamb roast
Protein	minced meat*, cheese*	chicken	chicken	minced beef*	steak, bocconcini*	chicken ham, cheese*	lamb
Fat	(minced meat*, cheese*), olive oil	ghee	coconut oil	(minced beef*), oil	olive oil, (bocconcini*)	olive oil, (cheese*)	olive oil
Low carb	wilted greens	cauliflower 'rice', tomato	Zero noodles, green beans, broccoli, tomato, bean sprouts	spinach, tomato, onion, capsicum, cauliflower, broccoli	tomato, basil	tomato, steamed veggies	tomato, Spanish onion, zucchini, cauliflower

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MENU PLAN

PHASE TWO 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 crumble p7*	Red smoothie	Poached eggs
Protein	Proti vanilla powder	Proti powder	Proti powder	eggs*	Proti vanilla powder	Proti powder	eggs*
Fat	walnuts, pecans, butter	avocado	cream cheese	(eggs*), avocado	walnuts, pecans, butter	avocado	(eggs*), avocado
Low carb	raspberries	spinach	raspberries	piece of cauliflower pizza base	raspberries	spinach	piece of zucchini pizza base p27*
Moderate carb	passionfruit	orange	nectarine	grapefruit	pomegranate	beetroot	eggplant
SNACK	Shake with water (1 Tbsp cream opt)	cookie	Shake with water (1 Tbsp cream opt)	cookie	Shake with water (1 Tbsp cream opt)	cookie	Shake with water (1 Tbsp cream opt)
MEAL 2	Lamb "pizza" p27*	Chorizo salad	Chicken breast wrapped in bacon	Taco wraps	Salmon salad	Frittatas p19*	Avo-burgers
Protein	lamb, egg*, cheese*	chorizo sausage*	chicken breast, bacon, cheese*	minced meat*	canned salmon	eggs*, cheese*	minced meat*
Fat	(egg*, cheese*)	(chorizo sausage*), oil	(cheese*)	(minced meat*), avocado	mayonnaise	(eggs*, cheese*)	(minced meat*), avocado
Low carb	zucchini pizza base, olives, rocket	mixed salad	broccoli salad and spinach	tomato, spinach, lettuce	leafy green salad	garden salad	leafy green salad
SNACK	bar serve	Shake with water (1 Tbsp cream opt)	bar serve	Shake with water (1 Tbsp cream opt)	bar serve	Shake with water (1 Tbsp cream opt)	bar serve
MEAL 3	Taco wrap	Chicken breast with Baked ricotta p5*	Corned beef and veggies	Chicken in mushroom sauced	Bun-less burger p10*	Steak 'pasta'	Chicken 'pizza' p27*
Protein	beef mince*	chicken breast, ricotta*	corned beef	chicken	skirt steak	fillet steak	shredded chicken, egg*, mozzarella*
Fat	(beef mince*), avocado	(ricotta*), olive oil	butter	cream	olive oil	olive oil	(egg*, mozzarella*)
Low carb	tomato, spinach, lettuce cups	broccoli salad and spinach	cauliflower mash p11*, bok choy, Brussels sprouts	mushrooms, broccoli, cauliflower, silverbeet	tomato, cucumber, onion, lettuce	rainbow veggie noodles	zucchini pizza base, capsicum, spinach, mushrooms

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