



MENU PLAN

PHASE THREE 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	Lamb & haloumi p21*	Nut crunch p24*	Stuffed mushrooms p33*	Smoothie p30*	Omelette p25*	Veggie frittata p36*	Eggs Benedict p17*
Protein	lamb chops, haloumi*	cottage cheese* (1/2 serve)	bacon, cottage cheese*, cheddar*	Proti powder	eggs*, cheese*	eggs*, feta*	bacon, eggs*
Fat	olive oil, (halloumi*)	(cottage cheese*), nuts, chia seeds, flaked coconut, sunflower seeds, LSA	oil, (cottage cheese*, cheddar*)	LSA, cream	(eggs*, cheese*)	(eggs*, feta*)	(eggs*)
Low carb	tomato, zucchini, mushrooms	strawberries	field mushrooms, onion, zucchini, tomato	raspberries	zucchini, mushroom, lemon, parsley	mushroom, capsicum, spinach, onion, parsley	spinach, tomato
Moderate carb	cherries	passionfruit	orange	yoghurt	apricots	eggplant	nectarine
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	Greek salad with lamb p20*	Chicken salad	Beef and vegetable soup p6*	Marinated lamb skewers p23*	Tuna salad	Bolognese p8* vegetables	'Pizza' p27*
Protein	lamb, feta*	beef	tuna	lamb	lamb chops	pork	beef
Fat	(feta*)	olive oil	nuts	olive oil	olive oil	coconut oil	olive oil
Low carb	tomato, cucumber, onion	cabbage, zucchini, capsicum, green beans, celery, mushroom, onion, snow peas	lettuce, celery, cucumber, spring onion	zucchini, onion, capsicum	onion, tomato, green beans	mixed green leaves, capsicum, cucumber	green beans, squash, cauliflower
Higher carb	mandarin	apple	watermelon	peach	pear	blueberries	roast pumpkin
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	Vegetable frittata p36*	BBQ steak	Coconut fish p14*	Rustic shepherd's pie p29*	Stuffed capsicum p32*	Fish curry	Roast lamb/beef/c hicken
Protein	eggs*, feta*	lamb, feta*	rump steak	firm tofu	white fish	chicken	beef
Fat	(eggs*, feta*), oil	(feta*), olive oil	olive oil	coconut oil, nuts	coconut oil	olive oil	butter
Low carb	mushrooms, onion, zucchini, capsicum	capsicum, spinach	tomato, spring onions, green salad	onion, capsicum, broccoli, asparagus, fennel	green beans, bok choy, snow peas	asparagus, spinach, tomato, alfalfa	broccoli, green beans, silverbeet, capsicum

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



MENU PLAN

PHASE THREE 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	Nut crunch p24*	Smoothie p30*	Nut crunch p24*	Smoothie p30*	Nut crunch p24*	Bacon & eggs	Bacon & eggs
Protein	cottage cheese* (1/2 serve)	Proti powder	cottage cheese* (1/2 serve)	Proti powder	cottage cheese* (1/2 serve)	bacon, eggs*	bacon, eggs*
Fat	(cottage cheese*), nuts, chia seeds, flaked coconut, sunflower seeds, LSA	cream, LSA	(cottage cheese*), nuts, chia seeds, flaked coconut, sunflower seeds, LSA	cream, LSA	(cottage cheese*), nuts, chia seeds, flaked coconut, sunflower seeds, LSA	(eggs*), oil	(eggs*), oil
Low carb	raspberries	strawberries	rhubarb	raspberries	strawberries	mushrooms, spinach	zucchini, capsicum
Moderate carb	tamarillo	yoghurt	orange	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 salad	Roast chicken and veggies	Chicken and basil patties p12*	Bolognaise p8*	Bun-less burgers p10*
Protein	chicken	bacon, cheese*	bacon	chicken	chicken mince*	minced beef*	2 minute steak, eggs*
Fat	dressing: peanut butter, white wine vinegar, lemon juice	(cheese*)	olive oil	olive oil	(chicken mince*), olive oil	(minced beef*), olive oil	olive oil, (eggs*)
Low carb	Chinese cabbage, zucchini noodles, shallots, cucumber salad	cauliflower	broccoli, sun-dried tomato salad, shallots	roasted veggies	side salad	spinach, tomato, onion, capsicum	onion, tomato, cucumber, lettuce
Higher carb	mandarin	apple	peach	pumpkin	boysenberries	pear	watermelon
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*	Bolognaise p8*
Protein	fish	chicken	salmon	chicken	turkey patties	prosciutto*, cheese*	beef mince*
Fat	dukkah	pesto p26*	olive oil	coconut oil	coconut oil	prosciutto*, cheese*	(beef mince*), olive oil
Low carb	side salad	zucchini 'noodles'	side salad	cauliflower mash p11*	grated zucchini, side salad	zucchini, rocket, tomato	mushroom, capsicum, broccoli, zucchini, cabbage 'noodles'

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MENU PLAN

PHASE THREE WEEK THREE

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEAL 1	Breaky muffins p8*	Bacon and eggs	Smoothie p30*	Haloumi & veggies	Bacon & veggies	Nut crunch p24*	Protein pancakes
Protein	bacon, eggs*, cheese*	bacon, eggs*	Proti powder	halloumi*	bacon	cottage cheese* (1/2 serve)	Proti powder
Fat	(eggs*, cheese*)	(eggs*), oil	cream, LSA	(halloumi*), butter	butter	(cottage cheese*), nuts, chia seeds, flaked coconut, sunflower seeds, LSA	butter
Low carb	veggies	mushroom, spinach	strawberries	spinach, mushroom	cabbage, mushroom	rhubarb	strawberries
Moderate carb	figs	eggplant	yoghurt	eggplant	apricots	passionfruit	orange
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	Roast veggie salad	Omelette p25*	Roast chicken
Protein	shaved turkey	salami*, cheese*	chicken	tuna	feta cheese*	eggs*, cheese*	roasted chicken
Fat	mayonnaise	(salami*, cheese*)	olive oil	olive oil	(feta cheese*), pesto p26*	(eggs*, cheese*), butter	coconut oil
Low carb	mixed salad	veggie platter	mixed salad	mixed salad	roasted veggies	veggies	shallots, garlic, veggies
Higher carb	apple	peach	chick peas	rice cakes	pumpkin	pear	watermelon
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	Bolognese p8*	Steak and bocconcini salad	Chicken parmigiana	Lamb roast
Protein	minced beef*, ricotta*	chicken	chicken	minced beef*	steak bocconcini*	chicken, ham, cheese*	lamb
Fat	(minced beef*, ricotta*)	ghee	coconut oil	(minced beef*), olive oil	(bocconcini*), olive oil	(cheese*), olive oil	olive oil
Low carb	wilted greens	cauliflower 'rice', tomato	zucchini noodles, tomato, green beans, broccoli, bean sprouts	spinach, tomato, onion, capsicum, cauliflower, broccoli	tomato, basil	tomato steamed veggies	tomato, zucchini, Spanish onion, cauliflower

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MENU PLAN

PHASE THREE 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	Zucchini hash browns p39*	Green smoothie	Pancakes	Poached eggs	Zucchini hash browns p39*	Red smoothie	Poached eggs
Protein	eggs*	Proti powder	Proti powder	eggs*	eggs*	Proti powder	eggs*
Fat	(eggs*), cream cheese	avocado	cream cheese	(eggs*), avocado	(eggs*), cream cheese	avocado	(eggs*), avocado
Low carb	zucchini, tomato, mushroom	spinach	raspberries	piece of cauliflower pizza base	zucchini, tomato, mushroom	spinach	piece of cauliflower pizza base
Moderate carb	figs	grapefruit	nectarine	guava	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	Chicken 'pizza' p27*	Chorizo salad	Chicken breast wrapped in bacon	Taco wraps	Salmon and mango salad	Frittata p19*	Avo-burgers
Protein	shredded chicken, mozzarella cheese*	chorizo sausage*	chicken breast, bacon, cheese*	beef mince*	canned salmon	bacon, eggs*	mince meat patties*
Fat	(mozzarella, cheese*)	(chorizo sausage*), olive oil	(cheese*)	(beef mince*), avocado	mayonnaise	(eggs*, oil)	(mince meat patties*), avocado
Low carb	cauliflower pizza base, mushroom, onion, tomato, rocket	mixed salad	broccoli salad and spinach	tomato, lettuce cups	leafy green salad	garden salad	leafy green salad
Higher carb	apple	feijoa	pear	blueberries	peach	watermelon	boysenberries
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 wrapped in bacon	Corned beef and veggies	Chicken in mushroom sauce	Bun-less burger p10*	Steak 'pasta'	Chicken 'pizza' p27*
Protein	beef mince*	chicken breast, bacon	corned beef	chicken	steak, eggs*	fillet steak	shredded chicken, mozzarella cheese*
Fat	(beef mince*), avocado	cream cheese	butter	cream	(eggs*), oil	olive oil	(mozzarella cheese*)
Low carb	tomato, lettuce cups	broccoli salad and spinach	cauliflower mash p11*, bok choy, Brussels sprouts	mushrooms, broccoli, cauliflower, silverbeet	tomato, onion, cucumber, lettuce cups	rainbow veggie noodles	cauliflower pizza base, capsicum, spinach, mushrooms

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