



MENU PLAN

PHASE FOUR **WEEK ONE**



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

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEAL 1	Breaky muffins p8*	Ricotta crunch p29*	Frittata p19*	Crepes p15*	Eggs	Salmon roll-ups p30*	Lentil patties p22*
Protein	bacon, eggs*, cheese*	ricotta*	eggs*, cheese*	bacon, eggs*	eggs*	smoked salmon	egg*, cheese*
Fat	(egg*, cheese*), oil	(ricotta*), LSA, coconut, cream, nuts	(eggs* cheese*)	(eggs*), butter	(eggs*), butter	cream cheese, oil	(egg*, cheese*), oil
Low carb	onion, spinach, mushrooms	strawberries	capsicum, celery, broccoli, mushrooms	onion, tomatoes, zucchini	spinach, tomato	roasted zucchini & capsicum	onion, zucchini, spinach
Moderate carb	tamarillo	passionfruit	grapefruit	pomegranate	tamarillo	grapefruit	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	Crab salad	Smoked salmon salad	Chickpea and bacon goulash p13*	Warm beef salad	Tuna salad	Tangy pork fillets p34*	Turkey salad
Protein	crab meat	smoked salmon	bacon	beef strips	tuna	pork fillets	turkey
Fat	mayonnaise	avocado	olive oil	sesame seeds	avocado	coconut oil	dukkah
Low carb	green salad, tomato, asparagus	green salad	mushrooms, zucchini, tomato, onion, capsicum	large green salad	celery, shredded cabbage, broad beans, snow peas, spring onion	steamed veggies	green salad
Higher carb	watermelon	honeydew melon	chick peas	apple	honeydew melon	pear	custard
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	Tofu stir-fry p35*	Bolognese p8* with pasta	Beef stir fry	Pork steaks	Mini teriyaki chicken meat loaves p23*	Coconut fish p14*	Lamb chops
Protein	eggs*, feta*	lamb, feta*	rump steak	firm tofu	white fish	chicken	lamb
Fat	(eggs*, feta*), oil	(feta*), olive oil	olive oil	coconut oil, nuts	coconut oil	olive oil	sesame seeds
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	kale, spring onions, turnip, leek, cauliflower
Highest carb	rice	pasta	rice	potato	pineapple	lychees	grapes



MENU PLAN

PHASE FOUR **WEEK TWO**



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEAL 1	Breaky muffins p8*	Bacon and eggs	Smoothie p30*	Halloumi & 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*), coconut oil	LSA, cream	(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	dragon fruit	eggplant	passionfruit	eggplant	apricots	figs	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	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	vegie platter	mixed salad	mixed salad	roasted veggies	veggies	shallots, garlic, veggies
Higher carb	apple	blueberries	peach	rice cakes	watermelon	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	Coconut fish p14*	Chicken 'pasta'	Salmon and salad	Butter chicken	Turkey salad	'Pizza' p27*	Bolognaise p8*
Protein	fish	chicken	salmon	chicken	turkey patties	salami*, cheese*, egg*	beef mince*
Fat	desiccated coconut, coconut oil	pesto p26*	olive oil	coconut oil	coconut oil	(salami*, cheese*, egg*)	(beef mince*), olive oil
Low carb	side salad	zucchini 'noodles'	side salad	cauliflower mash p11*	grated zucchini, side salad	zucchini, tomato passata sauce, rocket	mushroom, capsicum, broccoli, zucchini
Highest carb	lychees	sweet potato	couscous	pineapple	kiwifruit	mango	pasta



MENU PLAN

PHASE FOUR **WEEK THREE**



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	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	LSA, cream	(cottage cheese*), nuts, chia seeds, flaked coconut, sunflower seeds, LSA	LSA, cream	(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	orange	yoghurt	passionfruit	blackberries	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 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	minced beef*	minute steak, eggs*
Fat	avocado, oil	(cheese*)	olive oil	olive oil	avocado	(minced beef*), olive oil	(eggs*), olive oil
Low carb	Chinese cabbage, zucchini, shallots, cucumber salad	cauliflower	broccoli, sun-dried tomato salad, shallots	roasted veggies	side salad	spinach, tomato, onion, capsicum	mushroom, capsicum, broccoli, zucchini
Higher carb	watermelon	rice cakes	starfruit	pumpkin	blueberries	apple	peach
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 beef*, cheese*	chicken	chicken	minced beef*	steak bocconcini*	chicken, ham, cheese*	lamb
Fat	(minced beef*, cheese*)	ghee	coconut oil	(minced beef*), olive oil	(bocconcini*), olive oil	(cheese*), oil	olive oil
Low carb	onion, turnip, zucchini, broccoli, cauliflower	cauliflower, tomato	zucchini, tomato, green beans, broccoli, bean sprouts	spinach, tomato, onion, capsicum	tomato, basil	tomato steamed vegies	tomato, zucchini, Spanish onion, cauliflower
Highest carb	baked potato	rice	rice noodles	pasta	pineapple	papaya	baked potato



MENU PLAN

PHASE FOUR WEEK FOUR



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEAL 1	Nut crunch p24*	Green smoothie	Pancakes	Poached eggs	Nut crunch p24*	Red smoothie	Poached eggs
Protein	cottage cheese* (1/2 serve)	Proti powder	Proti powder	eggs*	cottage cheese* (1/2 serve)	Proti powder	eggs*
Fat	(cottage cheese*), nuts, chia seeds, flaked coconut, sunflower seeds, LSA	avocado, cream	cream cheese	(eggs*), avocado	(cottage cheese*), nuts, chia seeds, flaked coconut, sunflower seeds, LSA	avocado, cream	(eggs*), avocado
Low carb	raspberries	spinach	raspberries	piece of cauliflower pizza base	raspberries	spinach	piece of cauliflower pizza base
Moderate carb	blackberries	orange	nectarine	apricots	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, cheese*	chorizo sausage*	chicken breast, bacon, cheese*	beef mince*	canned salmon	bacon, eggs*	mince patties
Fat	(cheese*), olive oil	(chorizo sausage*), mayonnaise	(cheese*)	(beef mince*), avocado	avocado, oil	(eggs*, cheese)	avocado
Low carb	zucchini pizza base, spinach, capsicum, mushroom	mixed salad	broccoli salad and spinach	tomato, spinach, lettuce cups	leafy green salad	garden salad	leafy green salad
Higher carb	quince	feijoa	watermelon	pear	watermelon	peach	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, cheese*, egg*
Fat	(beef mince*), avocado	cream cheese	butter	cream	(eggs*), olive oil	olive oil	(cheese*, egg*)
Low carb	tomato, spinach, lettuce cups	broccoli salad and spinach	cauliflower mash p11*, bok choy, Brussels sprouts	mushrooms, broccoli, cauliflower, silverbeet	tomato, cucumber, onion	rainbow veggie noodles	zucchini pizza base, capsicum, spinach, mushrooms
Highest carb	beans	banana	tangerine	potato	grapes	sweet potato	papaya