

BREAKFAST

Calories: 300-500

Protein 0-15gm | Carb 0-10gm | Fat 25-40 gm

| Base | Instructions (per serving) | Combinations and Variations |
|-------------------------------------|---|---|
| Fermented Dairy Parfait | <ul style="list-style-type: none"> • Yogurt or Cottage Cheese: 6 oz • Nuts and seeds totalling oz • Sweet/carb (optional) max 1 Tbsp | <ul style="list-style-type: none"> • Vary nuts and seeds: cashews, pecans, walnuts, pistachios, pumpkin, sunflower, chia, flax • Vary sweet/carb: jelly, diced dried ginger, dried cranberries, no-vegetable oil granola • Reduce topping by half and fold in 1/8 cup whipped cream |
| Breakfast Meat | <ul style="list-style-type: none"> • Meats 2-3 oz • Veggies 2-4 oz • <i>BREAKFAST STARCH</i> (see below) | <ul style="list-style-type: none"> • Vary Meats: bacon, sausage, Canadian bacon, smoked salmon/lox • Vary Veggies: sauteed onion, mushroom, bell pepper, fresh tomato, kimchee |
| Eggs | <ul style="list-style-type: none"> • Eggs: 2-3 chicken, or 1-2 duck/goose • Cooking Fat: 1/2-1 Tbs • Cheese an/d or meat fat totalling 1-2 oz • Veggies 2-4 oz • <i>BREAKFAST STARCH</i> (see below) | <ul style="list-style-type: none"> • Vary Egg-cooking technique: poached, steamed, scrambled, frittatta • Cheeses: Cheddar, goat, Parmesan, Meunster • Vary Meats: (see above) • Vary veggies (see above) • Substitute toast for cheese or meat (to keep calories in range) |
| Wake-me-up Milk Shake | <ul style="list-style-type: none"> • Coffee or tea, brewed: 1-2 cups • Whole milk: 1-2 Cups • Cream: 2-4 Tbsp | <ul style="list-style-type: none"> • Vary tea/coffee flavors • Try cold-brewed coffee (grind 1/8 cup, soak in 8 oz water overnight, pour through filter in AM) |
| Low Carb Custard/Pudding | <ul style="list-style-type: none"> • Custard or pudding: 1.5-2 cups | <ul style="list-style-type: none"> • Vary textural and flavor ingredients: peanut butter, pumpkin, herbs • Google "low carb custard recipes" or "savory custards" |
| Breakfast Smoothie (2-3 Cups) | <ul style="list-style-type: none"> • Ice cubes: 6-12 • Milk or Yogurt (4-8 oz) • Veggies, fresh 3-4 cups • Fat source, from cream (2T) or coconut oil (1T) or avocado (1/2) or nuts (10) • Fruit 1/2-1 piece | <ul style="list-style-type: none"> • Vary milks: cow/goat/soy/almond (must be unsweetened) • Vary ice: freeze juice or milk • Vary flavoring extracts (vanilla, almond, orange) or herbs/spices (tarragon, allspice, nutmeg, cinnamon) • Vary veggies: spinach, kale, celery, tomato juice |
| Crepes | <ul style="list-style-type: none"> • Crepes: 1-2 • Filling: sauteed vegges (1/2-1 Cup total) or fresh berries (1/8 Cup total); soft cheese or whipped cream (1-2 oz total) • Finely chopped nuts (sprinkle 1/2 on top) | <ul style="list-style-type: none"> • Vary flours: wheat, spelt • Vary veggies: spinach, radish or beet tops, onion • Vary fruit: blueberries, strawberries, preserves (1T) • Vary dairy/cheese: goat, chevre, farmer's, creme fraich, yogurt |
| Leftovers | <ul style="list-style-type: none"> • Any leftover meal, 3-6 oz | <ul style="list-style-type: none"> • The sky's the limit! |
| <i>BREAKFAST STARCH</i> (Chose ONE) | <ul style="list-style-type: none"> • Toast (1 slice) • Fermented or sprouted porridge (1/2 C) • Muffin, small (2-3 oz size) • Fruit (berries or melon, 1/2 cup) | <p>To keep calories in range, when including a starchy side with your breakfast, you must reduce the meat, cheese, or cooking fat (i.e. eggs poached or hardboiled so no cooking fat required, and no cheese)</p> |

LUNCH

Calories 300-600

Protein 15-30gm | Carb 0-30gm | Fat 20-40gm

| Base | Instructions (per serving) | Combinations and Variations |
|-------------------------|---|---|
| Picnic-Lunch | <ul style="list-style-type: none"> Nuts/seeds , 1-2 oz Cheese, 1-2 oz Vegies, 1/4-1 cup and/or Veggie preserves (1-2 oz) | <ul style="list-style-type: none"> Vary nuts and seeds: as with breakfast (see Fermented Dairy Parfait), or spread nut butters on celery or 1/2 apple Vary cheese: Cheddar, Manchego, Swiss, Alpenal, Provelone Vary veggies: fresh carrots, snap peas, dill pickle, saurkraut, kimchi |
| Fermented Dairy Parfait | <ul style="list-style-type: none"> See instructions for breakfast | <ul style="list-style-type: none"> See instructions for breakfast, keeping in mind more fruit/carb is permitted at lunch than breakfast |
| Seafood, fresh | <ul style="list-style-type: none"> Fresh fish, 3-6 oz with optional SPREAD/DIP (see below) | <ul style="list-style-type: none"> Vary fish: Pickled herring, poke, sashimi, sushi (without the rice) shrimp (available precooked) |
| Deli Meat | <ul style="list-style-type: none"> Precooked/cured meat, 3-4 ounces wrapped in Deli sliced cheese, 1-2 slice SPREAD/DIP, 1 Tbsp (optional, see below) | <ul style="list-style-type: none"> Vary meats: smoked turkey, roast chicken, sliced ham, roast beef Vary cheese: cheddar or swiss (for ham), provolone or havarti (for roast turkey or beef) Vary prep: add mustard or spread/dip, wrap with lettuce/kale, microwave to melt cheese |
| Drop-in Soup | <ul style="list-style-type: none"> Bone stock, 1-2 cup Precooked/cured meat, 3-4 oz OR Eggs, 2-3 dropped into HOT broth | <ul style="list-style-type: none"> Vary veggies: Try kale chips, other precooked (i.e. frozen peas) or dehydrated vegetables Vary crouton substitute: Pumpkin seeds, crumbled pork rinds Vary cheese: Sub out 1/2 the meat or eggs for your favorite cheese |
| Seafood, canned | <ul style="list-style-type: none"> Tuna, Salmon, Sardines, Mackerel, Oysters, Herring, 2-4 ounces Cottage cheese 2-3 oz OR Mayo 2 Tbsp Optional veggies/veggie preserves, 1/2-1 cup | <ul style="list-style-type: none"> Smoked sardines taste ok on saurkraut Tuna salad: add chopped carrots, celery, cilantro, capers Salmon or Mackerel salad: see above Smoked oysters go well with mustard straight from can |
| Smoothie | <ul style="list-style-type: none"> Follow instructions for Breakfast Smoothie Add your favorite protein powder, must contain less than 7 grams carb per 20gm protein portion | <ul style="list-style-type: none"> See Breakfast Smoothie, above Use different flavored protein powders as desired (protein powder not recommended more than 2 days per week) |
| Meat over Salad | <ul style="list-style-type: none"> Cooked meat, 3-4 oz, place over: Vegetables, 2-4 cups Dressing, 2 Tbsp | <ul style="list-style-type: none"> Instead of dressing use 1/2 avocado and 1/2 orange, sliced Add cheese/bacon/nuts and reduce dressing |
| Leftovers | <ul style="list-style-type: none"> Any leftover meal, 3-6 oz | <ul style="list-style-type: none"> The sky's the limit! |
| <i>SPREAD/DIP</i> | <ul style="list-style-type: none"> Cream cheese whipped with soy sauce 1:1 plus horseradish and/or sesame seeds Mayo + Ketchup + relish combined 1:1:1. | <ul style="list-style-type: none"> Mustard, Mayo, Mustard and mayo combined 1:1 Sour cream and any style plain yogurt combined 1:1 plus herbs Cream cheese whipped with milk 1:1 plus herbs |

DINNER

Calories 600-1100

Protein 30-50gm | Carb 30-70gm | Fat 40-50gm

| Base | Instructions (per serving) | Combinations and Variations |
|------------------------|--|---|
| Stir Fry | <ul style="list-style-type: none"> • Protein, 4-8 oz • Veggies, 2-4 Cups • Nuts, 1-2 oz • Oil, 2 Tbsp • Sauce, to taste | <ul style="list-style-type: none"> • Meat (chicken, beef, turkey), sliced thin or shrimp • Veggies, sliced thin: Onions, celery, broccoli, carrots, bok choy, snow peas, bell peppers • Oil: Peanut, sesame, olive • Sauce: Soy, fish, oyster, hoisen |
| Baked/ Roasted | <ul style="list-style-type: none"> • Protein, 4-8 oz • Veggies, 2-4 cups • Oil, to coat | <ul style="list-style-type: none"> • Meat (poultry, steak, roast, fish) • Thick cut or starchy veggies (green beans, sliced squashes, onions, bell peppers, mushrooms) • Vary spices/herbs, premixed rubs |
| Stewed/Slow cooked | <ul style="list-style-type: none"> • Stew meat or braising meat, 4-8 oz • Veggies for braising, 2-4 cup • Stock (chicken/beef) or canned tomatoes, 1-2 cup | <ul style="list-style-type: none"> • Ask at the butcher counter for help chosing stew meats • Veggies for braising are typically tough: carrots, parsnips, kale, collards, asparagus, string beans, onions • Herbs for braising include: bay leaves, rosemary, thyme, sage |
| Ground Meat | <ul style="list-style-type: none"> • Ground meat, 4-8 oz • <i>SPICE BLENDS</i> to taste • <i>SALAD</i> or <i>STEAMED VEGGIES</i> | <ul style="list-style-type: none"> • Meat (beef, bison, turkey, loose sausage) • Formed into patty, meatballs, meatloaf, or cooked loose in pan with tomato and veggies for italian style meat sauces, stroganoff of sloppy Joe |
| Egg-based | <ul style="list-style-type: none"> • Eggs, 2-4 with optional 2 oz other meats • Optional cheese, 1 oz • Optional <i>DINNER STARCH</i> • <i>SALAD, salsa or STEAMED VEGGIES</i> | <ul style="list-style-type: none"> • If using other meats (sausage, ham, ground beef) cut eggs to 2 • Cook all ingredients into frittata, crustless quiche or omelette • Top melted cheese on corn tortilla with fried eggs, sausage and salsa |
| Casserole | <ul style="list-style-type: none"> • Protein, 4-8 oz • Veggies, 2-4 cups • Optional <i>SPICE BLEND</i> • Stock, 1-2 cups • Cheese, for topping | <ul style="list-style-type: none"> • Brown ground meat/sausage and/or veggies first on stovetop for added flavor • Place in casserole with stock to bake • Google low carb casserole for more ideas |
| Meat over Salad | <ul style="list-style-type: none"> • Protein, 4-8 oz • Large <i>DINNER SALAD</i> | <ul style="list-style-type: none"> • Cooked poultry, salmon, trout, beef • Place over salad, slice first if needed • Dress with 3 of these: <i>DRESSING</i> (2T); avocado (1/2); soft cheese crumbles (1.5 oz); mixed nuts (1oz); crumbled bacon (1/2 oz); vegetable condiment like olives, capers (1oz) |
| SALAD | <ul style="list-style-type: none"> • 4x4 rule • <i>DRESSING</i>, 2 Tbsp | <ul style="list-style-type: none"> • 4 cups veggies (2-3 cups lettuce, 1-2 cups mixed other veggies) • 4 colors of veggies (salad greens, carrots, red peppers, celery) |
| <i>DRESSING</i> | <ul style="list-style-type: none"> • Oil to vinegar 3:1 • Oil to vinegar to soy sauce 4:1:1 | <ul style="list-style-type: none"> • Olive+balsamic+optional minced garlic • Peanut+sesame+vinegar+soy sauce+optional minced ginger |
| <i>STEAMED VEGGIES</i> | <ul style="list-style-type: none"> • veggies, 2-4 cups • butter/sauce, 1-2 Tbsp | <ul style="list-style-type: none"> • Garlic butter: melt butter on stove, crush garlic, stir till aromatic • Cheese sauce • Other sauces: aioli, hollandaise, etc. |
| <i>DINNER STARCH</i> | <ul style="list-style-type: none"> • 1-2 of the following: | <ul style="list-style-type: none"> • 6 inch corn masa tortilla (no vegetable oil) • 1 slice sourdough or sprouted grain bread • 1/2 cup beans (sprouted, if possible) • 1/4 cup ancient grain/wild rice |