

1 Day Low Carb Meal Plan

DAY 1

Breakfast whey protein powder 1 Scoop 113 cal
7:00 AM

MEAL TOTAL: **Calories** 113 cal / **Carbs** 1 g (4%) / **Protein** 26 g (92%) / **Fat** 0 g (4%) / **Fluid** 1 g

NOTES:

Snack egg (hard boiled) 2 large 155 cal
10:00 AM

MEAL TOTAL: **Calories** 155 cal / **Carbs** 1 g (3%) / **Protein** 13 g (33%) / **Fat** 11 g (64%) / **Fluid** 75 g

NOTES:

Lunch chicken breast (cooked) 2 breast 189 cal
12:00 PM avocado, whole 1/4 avocado 80 cal

MEAL TOTAL: **Calories** 270 cal / **Carbs** 4 g (6%) / **Protein** 37 g (55%) / **Fat** 11 g (39%) / **Fluid** 112 g

NOTES:

Snack whey protein powder 1 Scoop 113 cal
3:00 PM

MEAL TOTAL: **Calories** 113 cal / **Carbs** 1 g (4%) / **Protein** 26 g (92%) / **Fat** 0 g (4%) / **Fluid** 1 g

NOTES:

Dinner 📄 salmon & avocado, keto egg wrap 1 serving 337 cal
6:00 PM nut and raisin granola bar 1 bar 127 cal

MEAL TOTAL: **Calories** 464 cal / **Carbs** 24 g (21%) / **Protein** 18 g (15%) / **Fat** 34 g (64%) / **Fluid** 139 g

NOTES:

Snack
8:00 PM

egg (hard boiled)

1 large

78 cal

MEAL TOTAL: Calories 78 cal / **Carbs** 1 g (3%) / **Protein** 6 g (33%) / **Fat** 5 g (64%) / **Fluid** 37 g

NOTES:

DAY 1 TOTAL: Calories 1,191 cal / **Carbs** 32 g (11%) / **Protein** 126 g (42%) / **Fat** 62 g (47%) / **Fluid** 365 g



2 Servings

salmon & avocado, keto egg wrap

Ingredients

egg	3 large
black pepper	2 dash
chives	2 tsp
cream cheese	2 Tbsp
unsalted butter	1 Tbsp
avocado	1/2 avocado
fish salmon chinook smoked	2 oz (56 grams)
green onion	1 tbsp

Nutrition Totals

Calories 674 / **Carbs** 13 g / **Protein** 32 g / **Fat** 56 g / **Fluid** 275 g

Instructions

1. Crack the eggs into a mixing bowl and whisk. Add in black pepper.
2. Slice chives and place in a small bowl, along with cream cheese.
3. Melt butter in a medium sized omelette pan. Pour in whisked eggs.
4. Cook omelette until soft, yet cooked through.
5. Slide the omelette onto a plate and top with cream cheese/chive mixture.
6. Slice avocado, salmon and green onions and place on top of cream cheese mixture.
7. Fold the omelette into a wrap.

Nutrition Label

Salmon & Avocado, Keto Egg Wrap		
Amount Per Serving		
Calories		337
% Daily Value*		
Total Fat 27.8g		43%
Saturated Fat 9.9g		50%
Trans Fat 0.8g		
Cholesterol 286.3mg		95%
Sodium 364.5mg		15%
Total Carbohydrates 6.4g		2%
Dietary Fiber 3.4g		14%
Total Sugar 2g		
Protein 16g		
Vitamin D 266.8IU		44%
Calcium 84.5mg		8%
Iron 1.8mg		10%
Potassium 442.1mg		

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Shopping List

Dairy & Egg

cream cheese	1 Tbsp
egg	4.5 large
unsalted butter	0.5 Tbsp

Fruits & Juices

avocado	0.25 avocado
avocado, whole	0.25 avocado

Poultry

chicken breast	2 breast
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Snacks

nut and raisin granola bar	1 bar
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Spices & Herbs

black pepper	1 dash
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Sports & Diet Nutritional

whey protein powder	2 Scoop
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Uncategorized

fish salmon chinook smoked	1 oz (28 grams)
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Vegetables

chives	1 tsp
green onion	0.5 tbsp

Portion Guide

Knowing exactly how much is on your plate can be tricky. Visualizing tablespoons, ounces, and cups of food isn't easy, which makes dishing out correct serving sizes a challenge. We've created the comparisons below as an easy guideline to help calculate proper portion sizes.

Basic Guidelines



Golf Ball

1/4 cup / 1 oz / 2 tbsp



Tennis Ball

1 cup



Computer Mouse

1/2 cup



Baseball

1 cup



Rounded Handful

1/2 cup
1 oz dried goods



Hockey Puck

3 oz muffin or biscuit



Matchbox

1 oz serving of meat



Deck of Cards

3 oz of chicken, meat,
or fish



This Paperback Book

8 oz serving of meat



Thumb

1 tsp



Poker Chip

1 tbsp



Shot Glass

1 oz / 2 tbsp



CD

1 slice of bread
1 oz lunch meat



3 Dice

1 1/2 oz cheese



Kids' Milk Carton

8 oz drink

Useful Examples



Bread & Grains

1 cup of cereal = 1 baseball
1/2 cup cooked rice = computer mouse
1/2 cup cooked pasta = computer mouse
1 slice of bread = CD
3 cups of popcorn = 3 baseballs



Fruits & Vegetables

1/2 cup grapes = about 16 grapes
1 cup of strawberries = about 12 berries
1 cup of salad greens = 1 baseball
1 cup cooked vegetables = 1 baseball
1 baked potato = computer mouse



Meats, Fish & Nuts

3 oz lean meat or poultry = deck of cards
3 oz tofu = deck of cards
2 tbsp peanut butter = golf ball
1/4 cup almonds = about 23 almonds
1/4 cup pistachios = about 24 pistachios



Dairy & Cheese

1 1/2 oz cheese = stacked dice
1 cup yogurt = baseball
1/2 cup ice cream = computer mouse



Fats & Oils

1 tbsp butter or spread = poker chip
1 tbsp salad dressing = poker chip
1 tbsp oil or mayonnaise = poker chip



Sweets & Treats

1 slice cake = deck of cards
1 cookie = about 2 poker chips
1 piece of chocolate = matchbox