




This is **NOT** a weight loss program! This is a **BASIC** meal plan based on the **GENERAL GUIDELINES** found in most low carb eating plans!

<b>MEAL #:</b> Side dishes are in <i>ITALICS</i>	<b>INGREDIENTS:</b> Side dish ingredients are in <i>ITALICS</i>	<b>INSTRUCTIONS:</b> Side dish instructions are in <i>ITALICS</i>
<b>Meal 1</b>  <b>SPICY BEEF ROLLS</b> 1 serving- 8 net carbs  <i>Wedge Salad</i> 1 serving- 6 net carbs	1.5-2.25 lbs lean ground beef 1 can sliced black olives, drained 10 oz can Ro-Tel® tomatoes, undrained (1 t cumin) (½ t garlic salt) 4-6 low carb tortillas Sour cream, if desired <hr/> 1 head lettuce, cut into wedges (Parmesan cheese to taste) (Favorite low carb dressing)	In large nonstick skillet, brown beef until cooked; drain fat. Stir in tomatoes, olives, cumin & garlic salt; heat. Divide mixture among tortillas; top with sour cream if desired. Roll up tortilla. <i>Sprinkle salad wedges with Parmesan cheese; drizzle with favorite low carb dressing.</i>
<b>Meal 2</b>  <b>SALSA CHICKEN</b> 1 serving- 5 net carbs  <i>Black Beans with Cilantro</i> 1 serving- 12 net carbs	1.5-2.25 lbs boneless, skinless chicken breasts 2 T taco sng mix (2 t olive oil) (Cooking spray) 1 ½ c salsa ½ c sour cream 8 oz shredded Monterey Jack cheese 4 chopped green onions <hr/> (2 T olive oil) 1 garlic clove, minced 15 oz can black beans, rinsed & drained ¼ c salsa 2 T chopped cilantro	Preheat oven to 350°. Sprinkle both sides of chicken with taco sng. In large skillet over med-hi heat, brown chicken in oil. Remove to greased 9x13" baking dish. Mix the salsa & sour cream together; pour over chicken. Bake 20 min. Top with cheese; continue baking until cheese melts. Sprinkle with green onions before serving. <i>In nonstick skillet, heat oil over med heat. Cook garlic, stirring well, about 1 min. Removed to bowl; add black beans, salsa &amp; cilantro. Stir to combine.</i>
<b>Meal 3</b> <i>Crock-Pot Recipe</i>  <b>ONION &amp; MUSHROOM PORK ROAST</b> 1 serving- 11 net carbs  <i>Mock Mashed Potatoes</i> 1 serving- 2 net carbs	2 lb pork roast 1 pkg onion soup mix 10.75 oz can cream of mushroom soup (1 c water) <hr/> Head cauliflower, chopped (1 T butter) ¼ c sour cream (Salt & pepper to taste)	Put pork in Crock-Pot. Mix onion soup mix, cream of mushroom soup & water together. Pour over pork. Cook on high 4 hours or low 8-10 hours. Serve over cauliflower. <i>Microwave cauliflower &amp; butter until soft. Place cauliflower in food processor with sour cream; blend until texture of mashed potatoes. Season with salt &amp; pepper.</i>
<b>Meal 4</b>  <b>HAM &amp; SWISS FRITTATA</b> 1 serving- 3.5 net carbs  <i>Strawberries</i> 1 serving- 8 net carbs		

(Staples are in parenthesis.)

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<p><b>Meal 5</b></p> <p><b>CHICKEN COLE SLAW</b> 1 serving- 8 net carbs</p> <p><i>Baked Kale Chips</i> 1 serving- 7 net carbs</p>	
<p><b>Meal 6</b></p> <p><b>BEEF &amp; EGGPLANT CASSEROLE</b> 1 serving- 14 net carbs</p> <p><i>Crispy Garlic Pita Rounds</i> 1 serving- 10 net carbs</p>	
<p><b>Meal 7</b></p> <p><b>CRISPY SALMON</b> 1 serving- 6 net carbs</p> <p><i>Sweet Potato Fries</i> 1 serving- 16 net carbs</p>	

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**LOW CARB GROCERY LIST  
WALMART**

MEAL #	X	GROCERY ITEM	GV/WM=Great Value/Walmart brands	PRICE:	OTHER GROCERIES I NEED:	X
	<b>X</b>	<b>PRODUCE</b>	<b>®= Suggested Brands</b>			
1		1 head lettuce		1.20		
2		1 head garlic		.90		
2		1 bunch cilantro		.88		
2,5		1 bunch green onions, Tanimura & Antle®		1.16		
3		1 head cauliflower, Tanimura & Antle®		1.98		
4		1 bunch parsley		.77		
4		16 oz strawberries		2.48		
4,5		2 green bell peppers		1.34		
4,7		2 small onions		1.24		
5		32 oz bag kale, Fresh Express®		3.86		
5		1 red bell peppers		1.98		
5		1 head cabbage		1.42		
5		16 oz bag carrots, Grimmway Farms®		.78		
6		2 eggplant		2.16		
7		2 large sweet potatoes		1.40		
7		10 oz bag baby spinach, Marketside™		3.12		
	<b>X</b>	<b>MEATS</b>				
1,6		2 - 1.5-2.25 lbs lean ground beef GV		10.74		
2		1.5-2.25 lbs boneless, skinless chicken breasts, Tyson®		5.78		
3		2 lb pork loin roast GV		8.63		
4		½ lb cooked ham, Kentucky Legend®		3.13		
5		1 rotisserie chicken GV		4.88		
7		1+ lbs, 4-6 frozen salmon fillets GV		4.21		
	<b>X</b>	<b>CANNED / BOTTLED / PACKAGED</b>				
1		12 oz pkg low carb tortillas, La Banderita®		2.32		
1		2.25 oz can sliced black olives GV		1.12		
1		10 oz can Ro-Tel® diced tomatoes		.88		
2		16 oz jar salsa, Taco Bell®		1.72		
2		15 oz can black beans GV		.60		
2		1.25 oz pkg taco sng mix, Old El Paso®		1.98	<b>Everyday staples:</b>	
3		10.75 oz can cream of mushroom soup GV		1.28	Vinegars, all varieties	
3		1 pkg onion soup mix, Lipton®		.88	Butter	
5		8 oz can water chestnuts GV		.72	Sea salt/ground pepper	
6		12 oz pkg pita rounds, Toufayan®		1.24	Cooking spray	
6		2 - 8 oz cans tomato sauce GV		.64	Canola & olive oil	
7		14.5 oz can chicken broth GV		.96	Worcestershire sauce	
	<b>X</b>	<b>DAIRY/REFRIG</b>			Lemon juice	
1,2,3		16 oz sour cream GV		1.72	Soy sauce	
2		8 oz shredded Monterey jack cheese GV		2.32	Mayo/mustard/ Dijon mustard	
4		6 oz shredded Swiss cheese GV		2.32	Low carb salad dressings	
4		8 oz heavy cream GV		.97	Milk	
4,6		1 dozen eggs, Sunny Meadow®		1.16	Natural sweetener, Stevia® (liquid or powder)	
6		8 oz shredded cheddar cheese GV		2.32	Grated Parmesan cheese	
	<b>X</b>	<b>APPROXIMATE TOTAL:</b>		<b>89.19</b>		

**Staples needed for each Meal #:**

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*The key to delicious low carb cooking is savory herbs and spices. Stock your kitchen!*

<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Meal 7</b>
Cumin			Italian sng	1 c low carb vinaigrette	¼ c Italian bread crumbs	½ c white cooking wine
Garlic salt				Sng salt	Oregano	¼ c Worcestershire sauce
				Parchment paper	Garlic salt	