

# Meal Planning Example List

Use these sheets to help you pick out your meals for the week and add them to your calendar. You are not limited to these meals. See the list of cookbooks and recipe resources at the end.

## Breakfast

Baked Spinach and Prosciutto Egg Cups (Mealime)

205 cal

2 net carbs

Breakfast Skillet of Greens, Eggs and Ham (Mealime)

273 cal

7 net carbs

Quinoa, Orange and Blueberry Breakfast Salad (Mealime)

425 cal

41 net carbs

Lemon Blueberry Oatmeal with Almonds (Mealime)

383 calories

46 net carbs

Oikos Triple Zero Yogurt

100 cal

7 net carbs

Oatmeal (not instant) with any combination of berries, nuts, cinnamon, chia seeds, etc

Chaffles (for those doing low carb)

- google some recipes or ask me for some good ones and I will share
- To make low carb waffles



## **Lunch**

Turkey Sandwich - Dave's Bread, lettuce, pickle, sliced Turkey, mustard

320 cal

36 net carbs (choose low carb bread if needed)

Turkey Burger - Dave's bread, lettuce, pickle, mustard

440 cal

36 net carbs (choose low carb bread if needed)

Tuna Sandwich - canned tuna mixed with mustard, maybe olive oil Mayo or yogurt, lemon juice, pickles, onion, Dave's bread

360 cal

36 net carbs (choose low carb bread if needed)

Salads of your choice with topped meat (smoked Turkey, chicken, steak, shrimp, salmon, tuna)

Wraps of your choice with meat, lettuce, beans, etc. Choose whole grain or low carb if needed



## **Dinner**

Spicy Edamame Salad with Creamy Ginger Peanut Butter Dressing and Avocado (Mealime)

588 cal

19 net carbs

Creamy Tuscan Chicken with Mushrooms, Spinach and Cherry Tomatoes (Mealime)

649 cal

12 net carbs

Pan Fried Tilapia with Quinoa, Cucumber and Feta Salad (Mealime)

515 cal

32 net carbs

Deer Chilli - ground deer burger, red beans, mushrooms, chilli powder (my recipe, I can share if you ask)

356 cal

23 net carbs

Fathead dough (for those doing low carb)

- Used for pizza
- Google recipes or ask me for some good ones and I will share.

Meat + Sides

- See lists below

## **Meats**

Chicken - Baked, Grilled, Smoked

Turkey - Baked, Grilled, Smoked

Fish - salmon, tilapia, tuna

Beef tenderloin

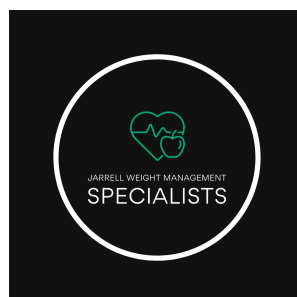
Filet mignon

Lean Steak

Shrimp

Deer/Venison

Duck



**Sides - Steamed in Microwave**  
Riced Cauliflower Steamfresh  
180 cal  
8 net carbs

Brussels Sprouts Simply Steam  
170 cal  
11 net carbs

Mediterranean Style Quinoa Greenwise  
380 cal  
44 net carbs

Asparagus Spears Steamable  
60 cal  
6 net carbs

Green Beans Steamfresh  
105 cal  
11 net carbs

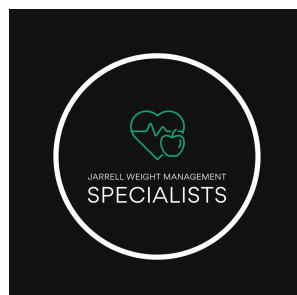
Cauliflower Steamfresh  
80 cal  
4 net carbs

Veggie Spirals (Zucchini) - for pasta replacement  
60 cal  
4 net carbs

Baked sweet potato or sweet potato fries

Seasoned mushrooms

Pan seared bell pepper, onions, banana pepper, squash, zucchini, etc



## **Meal Replacement**

Optimum Nutrition protein shake  
2 scoops  
240 cal  
6 net carbs

Quest Hero Bar  
190 cal  
4 net carbs

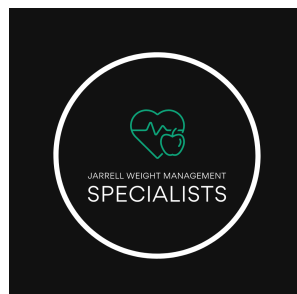
Premier Protein Products  
Can be bought in grocery stores  
Shakes, Bars, etc

Orgain  
Buy online  
Shakes, Bars, etc

Unjury  
Buy online  
Shakes, Bars, etc

## **Snacks**

Walnuts  
Almonds  
Celery  
Cucumber  
Cauliflower  
Grape tomatoes (cherubs)  
Blueberries (fresh or frozen)  
Blackberries (fresh or frozen)  
Strawberries (fresh or frozen)



## Tips:

- Cut out all simple processed carbohydrates
- Cut out saturated fats, instead focus on healthy fats
- Eat natural: whole grains, lean meats, fruits, and vegetables
- Try to avoid canned foods like sauces or dressings as they contain lots of added sugars
- Try to avoid pre-made meals from the grocery store as lots of these contain processed ingredients and added sugars
- Make a calendar each week. Then write on it what you are planning to each day for all three meals. You can even use your phone for this if you please. There are apps as well. Buy all your ingredients before the week starts. You can either make all of your meals and store them in the refrigerator or freezer, or you can make them the night before or the day you are eating them. Whatever works best for you. I would suggest getting containers to go ahead and separate out your serving sizes and then writing on the containers with a label the number of calories or net carbohydrates.

## Cookbooks

- Mealime App
- MyFitnessPal App
- The Defined Dish
- Run Fast, Cook Fast, Eat Slow
- Mediterranean Diet Cookbook: 550 Quick, Easy and Healthy Mediterranean Diet Recipes for Everyday Cooking
- Low Carb Specific Recipes:
- Wholesome Yum Easy Keto Cookbook
- Dietdoctor.com
- [Reddit.com/r/ketorecipes](https://www.reddit.com/r/ketorecipes)
- Carb Manager App

