

Meal Planning Example List

These are things I eat. You are not limited to them. See the list of cookbooks and recipe resources at the end. Remember to keep your meats lean (try to avoid too much fat because it is loaded in calories). Also, nuts can be high in calories as well.

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

Overnight Oatmeal (not instant but steel cut or rolled oats) with any combination of berries, nuts, cinnamon, chia seeds, etc. Soak oats overnight in water, skim milk, or almond milk.

Chaffles (for those doing low carb) - google some recipes

Turkey or Chicken Bacon

Eggs (using Pam, boiled, scrambled, or in muffin tins)

Coffee (avoid high calorie creamers even if no sugar)

Breakfast sausage links (be sure it isn't too sweet or high in calories)

Turkey Bacon and cheese omelette

Lengthwise sliced cucumber filled with cream cheese and topped with ham, salami, smoked salmon or similar

Breakfast burger: cook eggs and turkey bacon then roll into a lean beef or turkey patty with light cheese

Lunch

Turkey Sandwich - Dave's Bread, lettuce, pickle, sliced Turkey, mustard 320 cal 36 net carbs (choose low carb bread if counting carbs)

Turkey Burger - Dave's bread, lettuce, pickle, mustard 440 cal 36 net carbs (choose low carb bread if counting carbs)

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 counting carbs)

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

Slice of roast beef, tomato, lettuce, melted provolone, and mayo wrapped in the shape of a taquito

Low carb sandwich: take a few slices of leafy green lettuce head and wrap a sandwich into it. Safe options include most meats, low calorie mayo, salt, pepper, cheese, and small amounts of tomato or onions.

Sautéed chicken or fish over mixed green salad with side of light dressing

Half a chicken breast pan fried in a small amount of butter then topped with avocado slices and light cheese

Flaxseed wrap with whatever cold meat and salad you like

Portobello mushroom tuna melt

Vegetables, avocado, and fish wrapped in Nori sheets

Tuna or chicken salad: tuna, low calorie mayo, celery, onion (small amount), pickle, tomato (small amount) wrapped in lettuce

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 356 cal 23 net carbs

Pizza - Fathead dough (for those doing low carb), Google some recipes.

Steak seasoned with salt and pepper

Chicken broiled after seasoning with salt, pepper or most chicken rubs (check the label for high sugar)

Asian stir-fry with beef, pork, or chicken (spaghetti squash noodles if you like)

Rotisserie chicken with a side of vegetable (steamable vegetables are great)

Sautéed mushrooms and onions with a splash of cream and chicken stock, served over chicken (or other meat)

Stuffed mushrooms

Coconut ginger soup

Caesar salad with chicken, pork, beef, or shrimp

Broccoli in hollandaise sauce or béarnaise with any kind of meat or salmon

Leaf spinach sautéed in olive oil with lemon zest and juice with any kind of fish or chicken and mashed cauliflower

Green asparagus tossed in olive oil and garlic baked in the oven until browned with any kind of fish or meat and mashed cauliflower

Shepherds pie with mashed cauliflower

Cauliflower pizza

Sides (Including Steamable or Frozen Bags)

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

Baked Potato with salt, pepper, lime/lemon juice, or tobacco sauce

Seasoned mushrooms

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

Lean Meats - The leaner (less fat) the meat, the less the calories

Chicken - Baked, Grilled, Smoked, Rotisserie

Turkey - Baked, Grilled, Smoked

Fish - Tuna, Salmon, Tilapia (baked or broiled not fried)

Lean Steaks: Beef tenderloin, Filet mignon

Shrimp

Deer/Venison

Eggs

Turkey or Chicken Bacon

Protein Shakes and Bars

Optimum Nutrition protein shake 1 scoops 120 cal, 3 net carbs

Quest Hero Bar 190 cal 4 net carbs

Premier Protein Shakes 150 calories, 2 net carbs, 30g protein

***Fair Life Protein Shakes (my favorite, Sam's club pharmacy section)
150 calories, 3 net carbs, 30g protein

Orgain Buy online Shakes, Bars, etc

Unjury Buy online Shakes, Bars, etc

Snacks (See separate Snack list, always pair a carb with a protein)

Be careful with nuts and cheese as they are high in calories

Choose the low calorie cheeses and keep portions small on nuts and peanut butter

Celery

Cucumber

Cauliflower

Grape or cherry tomatoes

Blueberries (fresh or frozen)

Blackberries (fresh or frozen)

Strawberries (fresh or frozen)

Buffalo style chicken wings with small amount of low calorie ranch

1 to 2 ounces of your favorite low calorie cheese, with pickles and olives

Cup of tea

Cup of coffee

Salami slices

Fried non-breaded mushrooms

Beef jerky

Hard-boiled eggs or Muffin Tin Eggs with hame, mushrooms, bell pepper, etc

Flavored seaweed

Toasted flaxseed

Eggplant hummus on cucumber slices

Cookbooks

The Defined Dish

Mediterranean Diet Cookbook: 550 Quick, Easy and Healthy Mediterranean Diet Recipes for Everyday Cooking

***(Mealime App - Free Dietician App with the ability to load groceries from recipes in Walmart, Publix, or Aldi App.