

7 DAY LOW-CARB DIET PLAN

LOW *carb* **foods**



ASPARAGUS OMELET

with goat cheese

YOU WILL NEED

4 eggs
3 asparagus spears
3 tablespoons goat cheese, crumbled
2 tablespoons butter
1 tablespoon olive oil
1 tablespoon fresh mint
1 ½ tablespoons chives
salt and pepper to taste

MAKES: 2 servings



Asparagus Omelet with Goat Cheese

- 1** Preheat the oven to 350°F. Cut off the ends of asparagus and place in a baking dish. Season with salt and pepper and drizzle with a bit of olive oil. Bake for 10 – 12 minutes.
- 2** Melt butter in a skillet. Whisk eggs, spread beaten eggs in the skillet and bake for 5 – 6 minutes. Add asparagus on top and sprinkle with mint and goat cheese. Fold in half and bake for another 2 minutes.
- 3** Remove from heat, cover with a lid, and set aside for 2 minutes. Sprinkle with chives and serve.



TOMATO and CUCUMBER SALAD



Tomato and Cucumber Salad

- 1 In a bowl, combine the cucumber, tomatoes, red peppers and onion. Add the dressing to the salad and mix. Top with feta cheese and serve immediately.

PER SERVING:

149 calories
6g carbohydrates
4g protein
6g fat

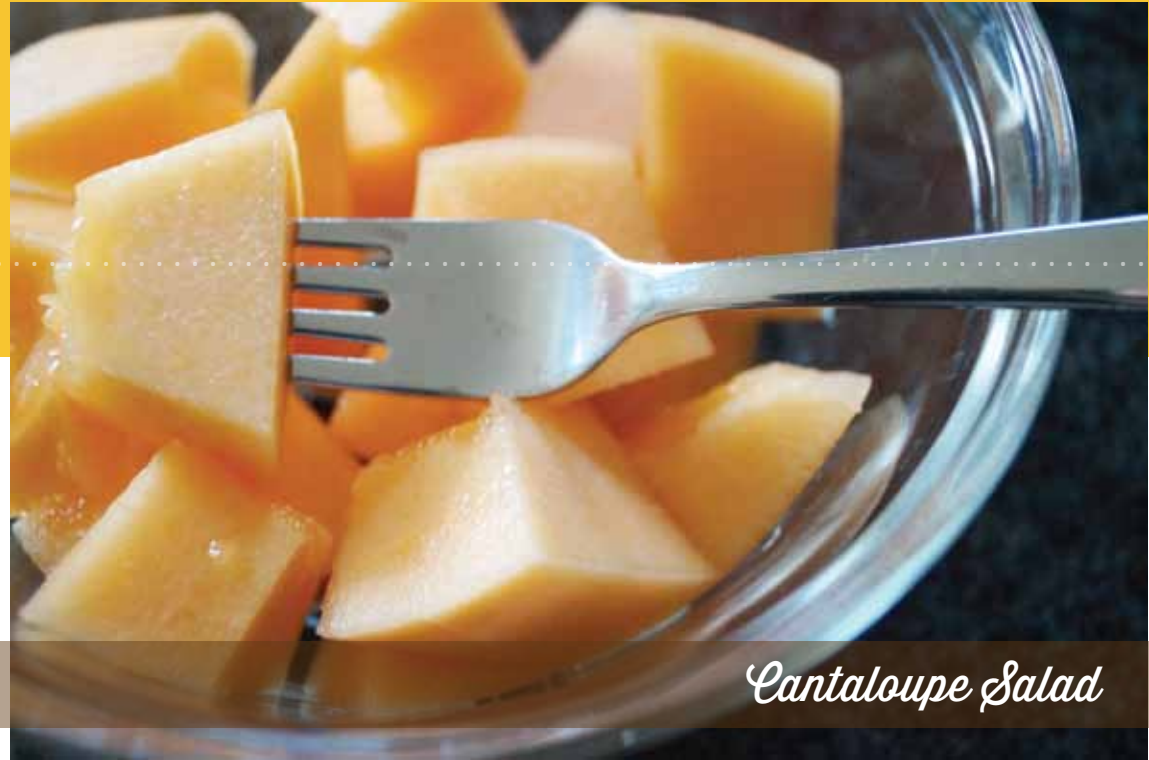
YOU WILL NEED

1 cucumber, sliced
4 tomatoes, sliced
1/2 onion, sliced
1/2 red bell pepper
2 tbs balsamic vinegar
¼ cup extra-virgin oil
salt to taste

MAKES: 4 servings



CANTALOUPE SALAD



YOU WILL NEED

1/2 cantaloupe cut into cubes
1 tablespoon mint
3 tablespoons lime juice
1 teaspoon honey

MAKES: 6 servings

1 Cut the cantaloupe in half and scoop out the seeds. Cut into thin wedges and remove the rind. Cut crosswise into bite size cubes and place in a salad bowl.

2 In a separate bowl combine the lime juice, mint and honey and whisk.

3 Pour dressing over the cantaloupe and serve chilled.

PER SERVING:

43 calories
10g carbohydrates
1g protein
traces of fat



CHICKEN STIR-FRY



Chicken Stir-Fry

- 1 Heat olive oil in a large wok and add chicken. Stir-fry for about 15 minutes or until golden.
- 2 Remove the chicken from the wok and add peppers and onions. Stir-fry for 5 minutes.
- 3 Add the chicken and mix with veggies, salt cumin and black pepper. Add balsamic vinegar and cook for about a minute.

YOU WILL NEED

1 pound of chicken, cut into 1-inch strips
3-4 bell peppers (red, yellow and orange)
1 garlic clove, diced
2 large onions, chopped
2 tablespoons of balsamic vinegar
3 tablespoons of olive oil
cumin
salt and pepper to taste

MAKES: 4 - 6 servings

Low carb foods

GREEK OMELET

YOU WILL NEED

4 eggs
1/4 cup chopped onion
1/4 cup spinach leaves
1 tomato, chopped
5 chopped olives
black pepper and salt to taste
1 tbs olive oil

MAKES: 2 servings



Greek Omelet

1 Heat the oil in a cooking pan and cook the onion until crisp (about 2 minutes). Add spinach and tomato and cook for about 1 minute.

2 Then add the eggs, olives, salt and the pepper. Cook until the eggs are to your taste and serve.

PER SERVING:

111 calories
7g carbohydrates
13g protein
3g fat

Low carb foods



Green Lettuce and Radish Salad

YOU WILL NEED

4 radishes
2 green lettuces
5 green onions
1 avocado, peeled and sliced
balsamic vinegar and olive oil to taste
½ cup of herb leaves (cilantro, chervil, tarragon, parsley)
1 tablespoon of Dijon mustard
1 tablespoon white wine vinegar
1 egg
50 ml olive oil

GREEN LETTUCE

and radish salad

- 1 Wash and dry lettuce and cut in half. Slice into pieces or tear. Cut avocado and radish into pieces and mix with the lettuce leaves. Mix cilantro, chervil, tarragon, and parsley and scatter over the salad.
- 2 Wisk Dijon mustard, shallot, olive oil, and balsamic vinegar to blend. Season to taste and drizzle the salad with the dressing. Process vinegar and egg in a food processor (optional). Add oil while the motor is still running. Pour over the second dressing.

MAKES: 2 servings



CELERY STICKS

with cream cheese

YOU WILL NEED

5 tablespoons cream cheese, soft
2 tablespoons thick cream
2 tablespoons yogurt
fresh ground pepper and salt to taste
1 red bell pepper, diced
1 cucumber, diced
4 stalks celery

MAKES: 4 servings



Celery Sticks with Cream Cheese

1 Rinse celery stalks and scrape them. Cut stalks into pieces (3- or 4-inch thick). Put them in the fridge. Chill for 20 – 30 minutes before serving.

2 Use a small bowl to combine cream cheese, yogurt, and cream and mix well. Add cucumber and red bell pepper and season with salt and pepper. Alternatively, you can replace cucumber and red bell pepper with half a cup of walnuts or pecans.

3 Stuff the celery sticks with the cream cheese mix or serve the sticks and cheese spread separately.

Low carb foods



Pork Kebabs with Mushrooms

PORK KEBOBS

with mushrooms

YOU WILL NEED

20 mushrooms
½ kg lean pork meat
2 red bell peppers, cut into slices
1 onion, chopped
1 clove garlic, chopped
salt and pepper to taste
1/3 cup olive oil
1 tablespoon honey
1 lemon

MAKES: 3 servings

1 Combine onion, garlic, olive oil, and lemon. Add salt and pepper. Thread pork, peppers, and mushrooms onto skewers and cook on a medium heat.

2 Brush meat with olive oil and turn kebabs regularly. Brush with honey when cooked and spoon over the onion and olive mix. Serve with salad.

Low carb foods

CELERY AND TUNA SALAD

YOU WILL NEED

2 cans tuna
2 tablespoons olive oil
2 tablespoons lemon juice
2 tablespoons mayonnaise
1 cucumber, cut into cubes
2 celery ribs
1 clove garlic, chopped
2 eggs
salt and pepper to taste
6 olives

MAKES: 2 servings



Celery and Tuna Salad

- 1** Boil eggs for 12 – 15 minutes. Chop celery and hard-boiled eggs. Drain tuna and combine with celery, eggs, and cucumber in a large bowl. Season with salt and pepper.
- 2** Stir together olive oil, mayonnaise, lemon juice, and garlic. Pour the mix over the celery and tuna salad and chill for 1 hour.
- 3** Divide into two plates and add celery leaves and olives on top.



VEGETARIAN MINESTRONE



Vegetarian Minestrone

PER SERVING:

206 calories
18g carbohydrates
7g protein
3g fat

YOU WILL NEED

¼ cup olive oil
1 onion, chopped
2 celery stalks, chopped
1 carrot, cubed
2 zucchini, cubed
2 tomatoes, chopped
2 tomatoes, chopped
3 cups mixed green vegetables (cabbage, spinach...)
1 garlic clove, crushed
1 cup cooked beans (from can)
3 quarts vegetable broth or water
¾ cup short stubby pasta
salt to taste
ground pepper to taste
¼ cup chopped parsley
grated parmesan cheese

MAKES: 8 servings

- 1** Heat the oil in a soup pot over medium heat and add the onion. Cook until soft without browning and add the rest of the vegetables. Add some of the vegetable broth and cook until the vegetables begin to soften, about 8 minutes.
- 2** Add the beans, the vegetable broth or the water. The vegetables have to be covered completely so you can add more water if necessary. Reduce the heat and simmer the soup slowly until the vegetables are tender (about 25-30 minutes). Add more liquid if necessary (use either vegetable broth or water).
- 3** Add the pasta. Cook gently until the pasta is cooked and serve into soup bowls. Sprinkle with Parmesan cheese.



CINNAMON MUFFINS

YOU WILL NEED

3 eggs
1 cup flax meal
1 cup blueberries
2 tablespoons cinnamon
2 drops lemon extract
zest of 1 orange (1 ½ teaspoon)
2 drops vanilla extract
1 teaspoon baking powder
1 cup splenda

MAKES: 12 -14 servings



Cinnamon Muffins

- 1** Mix flax meal, cinnamon, vanilla, orange zest, baking powder, and Splenda. Add eggs and lemon extract. Do not use mixer or over-mix because the muffins may become dry. Leave the mixture for 15 minutes to thicken.
- 2** Butter the muffin tins and preheat the oven to 375 degrees. Add blueberries to the mix and fill all muffin tins. Bake for about 20 minutes or until the muffins are lightly browned.
- 3** Serve with fruits. Keep muffins in the fridge.



Pork Chops with Green Beans

PORK CHOPS

with green beans

YOU WILL NEED

- 4 pork chops (1/2 inch thick)
- 2 teaspoons butter
- 1 sliced onion
- 1 garlic glove, chopped
- 1 can green beans, cut
- black pepper
- 4 teaspoons sour cream

MAKES: 4 servings

PER SERVING:

- 216 calories
- 5g carbohydrates
- 27g protein
- 9g fat



1 Preheat a large skillet and add the butter. When melted stir in the onions, garlic and green beans. Cook for about 8 minutes.

2 Meanwhile broil the pork chops 5-6 minutes on each side. Serve the pork chops with the green beans on the side topped with sour cream.

EGGS with

tomato and peppers



Eggs with Tomato and Peppers

YOU WILL NEED

- 4 eggs
- 2 tablespoons olive oil
- 3 red or green bell peppers
- 2 tomatoes, chopped
- 1 onion, sliced
- ground pepper to taste
- salt to taste
- 12 black olives, chopped
- fresh basil leaves

MAKES: 4 servings

- 1 Heat the oil in a skillet and fry the peppers and onion until softened (about 8 minutes). Stir in the tomatoes and season. Stir in the eggs, salt, black pepper, olives and basil.
- 2 Reduce heat and cover the pan, cook for additional 4 to 5 minutes.

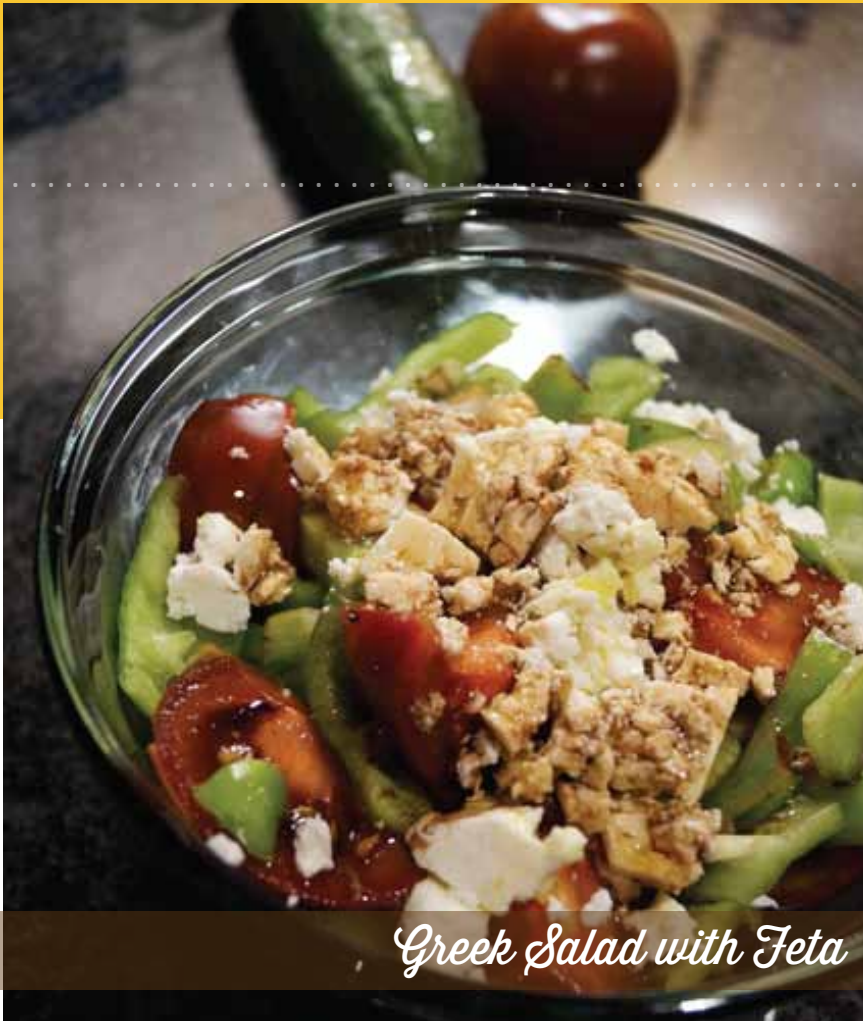
PER SERVING:

301 calories
17g carbohydrates
10g protein
23g fat

Low carb foods

GREEK SALAD

with feta



Greek Salad with Feta

- 1 In a large bowl, combine the cucumber, lettuce, tomatoes. Add the dressing to the salad and toss well.
- 2 Top with eggs and feta cheese and serve immediately.

YOU WILL NEED

- 1 romaine lettuce, torn into bite-size pieces
- 1 cucumber, sliced
- 2 tomatoes, sliced
- 2 tbs balsamic vinegar
- ¼ cup extra-virgin oil
- salt to taste
- 4 hard cooked eggs, peeled and halved lengthwise
- feta cheese, for garnish

MAKES: 4 servings

PER SERVING:

- 149 calories
- 6g carbohydrates
- 5g protein
- 13g fat



HUMMUS

with baby carrots and red pepper

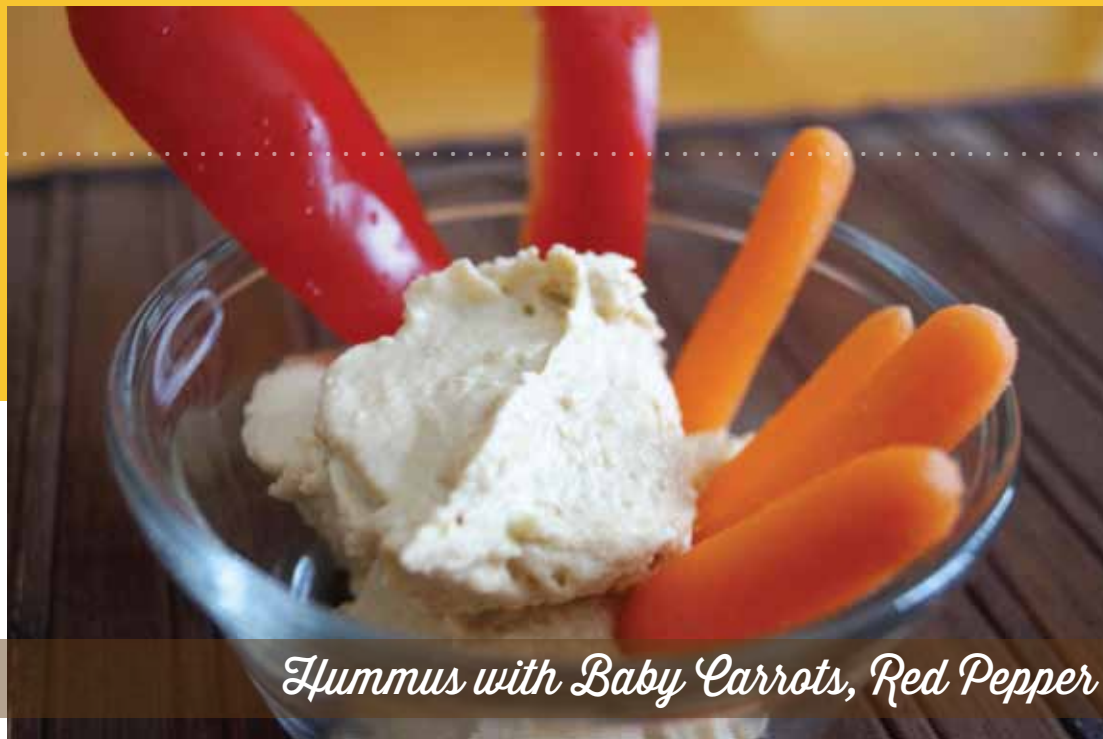
YOU WILL NEED

16 baby carrots
1 red bell pepper

DIP

2 tablespoons lemon juice
2 cloves garlic, crashed
15 ounces chickpeas
½ cup red bell peppers, roasted, chopped
1/3 cup tahini
1/5 teaspoon basil
fresh ground pepper
salt to taste

MAKES: 2 servings



Hummus with Baby Carrots, Red Pepper

- 1 Mince garlic in the food processor. Add lemon juice, tahini, and chickpeas and blend well. Process the ingredients until smooth and add basil and red bell pepper.
- 2 Blend until finely chopped. Add salt and pepper and pour in a bowl. Place in the fridge and refrigerate for 3 – 4 hours.
- 3 Serve cold or bring humus to room temperature. Divide into two bowls and serve with baby carrots and fresh bell pepper. Garnish with parsley.
- 4 Use an airtight container to store in the fridge.

CUCUMBER SOUP



Cucumber Soup

YOU WILL NEED

½ English cucumber
2 cups yogurt
1 cup water
2 tablespoons fresh dill
2 gloves garlic minced
salt to taste
olive oil

MAKES: 4 servings

- 1** Peel and chop the cucumber into small cubes. To mince the garlic use garlic press if you have one handy. In a salad bowl add the cucumber, garlic, dill and salt.
- 2** In a separate bowl mix the yogurt with water. Use a fork to blend (it doesn't get lumpy this way).
- 3** Combine the yogurt with the cucumber mix and add olive oil. Serve chilled. In the summer you can add ice cubes for cooling.



COTTAGE CHEESE

with strawberries

YOU WILL NEED

- 3 cups strawberries
- 2 cups cottage cheese
- 3 tablespoons whipped cream
- 3 teaspoons splenda
- 1 teaspoon lemon juice
- ½ cup shredded dark chocolate

MAKES: 4 servings



Cottage Cheese with Strawberries

1 Blend cottage cheese, 2 spoons splenda, lemon juice, and 2 cups strawberries in the food processor. Divide into 4 bowls and refrigerate for 10 minutes.

2 Cut the remaining strawberries into halves. Combine whipped cream with 1 spoon splenda and whisk. Divide the strawberries into the 4 bowls and top with whipped cream.

3 Put for 2 – 3 hours in the fridge and serve. Garnish with shredded dark chocolate and a whole strawberry.





Meatballs in Tomato Sauce

- 1** Combine mince, chopped onion, egg, oregano, cumin, and parsley. Add salt, and pepper. Make 10-12 meatballs. Roll the meatballs in almond flour and fry in a skillet or cast iron pot for 4-5 minutes on each side.
- 2** While the meatballs cook, chop the sweet potato and carrot into small cubes. Cut the parsley.
- 3** When the meatballs are cooked add the chicken broth in the cast iron pot and combine with carrots and sweet potato. Cover and simmer until the carrots are tender.
- 4** Turn off the stove top and add the crushed tomatoes. Stir and leave the cast iron pot on the stove top. If you want to thicken your sauce you can add some almond flour.

MEATBALLS

in tomato sauce

YOU WILL NEED

MEATBALLS:

1 pound beef or pork mince
1 egg
1 small onion
1 teaspoon parsley
1 teaspoon cumin
1 teaspoon oregano
salt and pepper to taste
almond flour
olive oil

SAUCE:

2 cups chicken broth
1 can crushed tomatoes
parsley
1 sweet potato
1 carrot

MAKES: 6 servings



CELERY STICKS

with yogurt and cream dip

- 1 Combine sour cream, yogurt, and cream cheese and mix well. Season with salt and pepper and a little bit of lemon juice. Add cucumber, rosemary, and dill, and combine well.
- 2 Chill for 1 – 2 hours before serving. Cut celery ribs into 3-inch pieces. Sprinkle yogurt and cream dip with walnuts and serve with celery sticks and baby carrots.
- 3 Store in the fridge for 2 – 3 days.



Celery Sticks

YOU WILL NEED

6 celery ribs
15 Baby carrots

DIP

4 tablespoons cream cheese
5 tablespoons yogurt
1 tablespoon sour cream
1 seeded cucumber, cut into cubes
½ teaspoon rosemary
1 tablespoon fresh dill
1 teaspoon lemon juice
salt and pepper to taste
1/3 cup walnuts, chopped

MAKES: 4 servings



LENTILS SOUP

YOU WILL NEED

1 onion, chopped
1 clove garlic, minced
1 red bell pepper, cut
2 carrots, cut
1 cup lentils
3 cups water
fresh oregano and basil
salt and pepper to taste
olive oil
½ cup tomato puree

MAKES: 4 servings

1 Heat olive oil in a saucepan and add onion, garlic, red bell pepper, and carrots. Cook 5 – 7 minutes or until softened.

2 Add water, lentils, basil, oregano, salt, and pepper. Cook for 15 minutes. Simmer for 20 – 25 minutes and add tomato puree. Serve hot.

LOW carb foods

EGGS SUNNY SIDE UP

mediterranean style

YOU WILL NEED

2 eggs
1 tablespoon butter
2 tablespoons olive oil
1 red bell pepper, sliced
1 onion, chopped
1 small clove garlic, minced
8 olives
1 teaspoon oregano
1 teaspoon basil
1 cup feta cheese
1 cup yogurt
salt and pepper to taste

MAKES: 2 servings



- 1 Use a nonstick skillet to heat olive oil and 1 tablespoon butter. Add chopped onion and garlic and sauté for 2 minutes. Add red bell pepper, season with salt and pepper, and cook for 5 more minutes.
- 2 Melt 1 tablespoon butter. Make 2 hollows – one for each egg – and crack the eggs. Once the egg whites begin to turn white, spoon a bit of butter over them. Cook for 5 minutes.
- 3 Sprinkle with basil and oregano and spoon yogurt on top. Serve with feta cheese.

CUCUMBER and LETTUCE SALAD



Cucumber and Lettuce Salad

1 Combine in a bowl cucumber, lettuce, green onions, and radishes. Season with olive oil, vinegar and salt. Top with eggs and serve.

PER SERVING:

417 calories
13g carbohydrates
25g protein
30g fat

YOU WILL NEED

1 large lettuce
1 cucumber, sliced
10 radishes, sliced
Green onions
3 hard-boiled eggs, peeled and quartered lengthwise

MAKES: 4 servings

Low carb foods

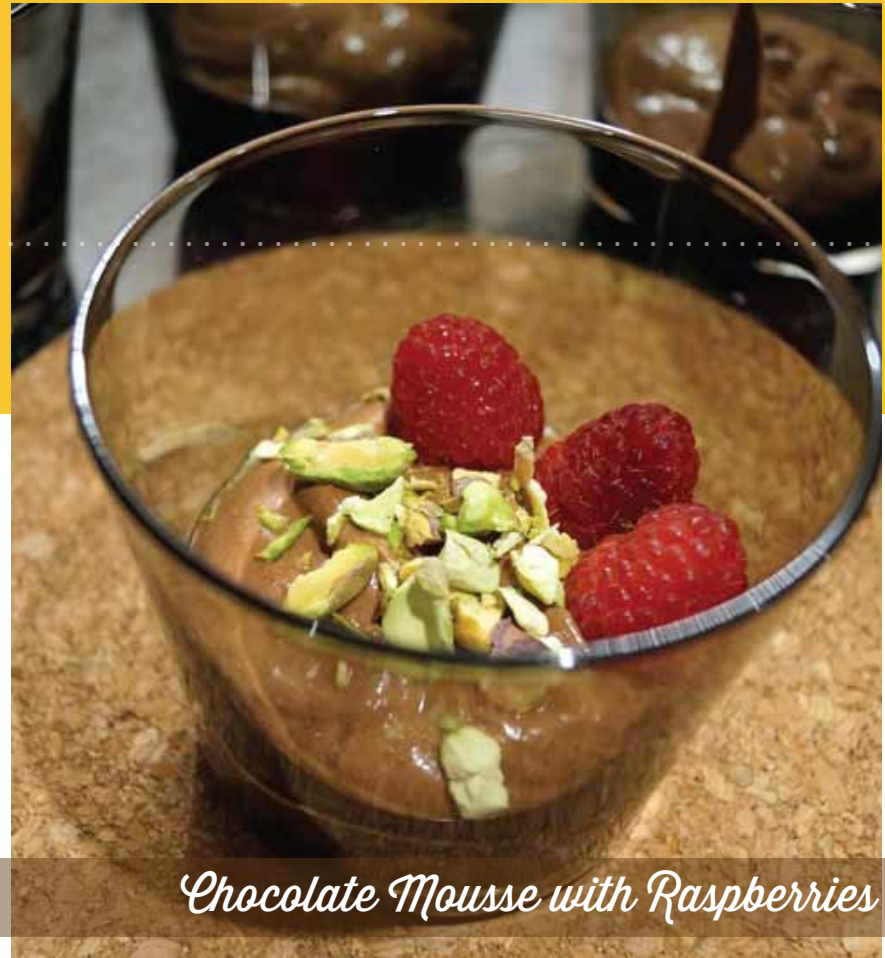
CHOCOLATE MOUSSE

with raspberries

YOU WILL NEED

3 ounces bittersweet chocolate
2 egg whites
¼ cup chopped toasted hazelnuts
1/3 cup cream
1 cup raspberries

MAKES: 4 servings



Chocolate Mousse with Raspberries

- 1 Combine the chocolate and 2 tablespoons water in a small saucepan and heat until chocolate melts. Pour into a medium bowl and cool.
- 2 Beat the egg whites until forming peaks and fold into the chocolate using a rubber spatula. Mix well. Beat the cream until stiff and gently fold into the chocolate mixture.

- 3 Spoon the mousse into 4 glasses and sprinkle with the hazelnuts and raspberries. Serve immediately or refrigerate until serving.

PER SERVING:

73 calories
9g carbohydrates
7g protein
4g fat

Low carb foods



Pork Loin with Black Beans

PORK LOIN

with black beans

YOU WILL NEED

- 2 tablespoons vegetable oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 cup black beans (cooked)
- 1 cup chicken broth
- 1/2 cup canned crushed tomatoes
- 1 teaspoon salt
- 1 ½ pounds pork tenderloin
- ground pepper to taste

MAKES: 4 servings

PER SERVING:

- 546 calories
- 18g carbohydrates
- 39g protein
- 35g fat



- 1 In a saucepan, heat 1 tablespoon of the oil over medium low heat and add the onion and garlic. Cook, until soft (about 5 minutes). Add the beans, broth, tomatoes, and salt. Simmer for about 15-20 minutes.
- 2 Rub the meat with remaining oil and salt. Grill or broil it and turn to cook to your taste. Cut the meat into thin slices. Top it with the sauce.

CHICKEN WRAP

with lettuce and tomato

YOU WILL NEED

2 ½ cups chicken breast, cooked and cut into cubes
1 large tomato, diced
2 lettuce leaves
1 avocado
2 slices Swiss cheese
2 low-carb tortillas
French dressing
10 cherry tomatoes, cut in halves
½ cup feta cheese, crumbled
2 tablespoons olive oil
fresh oregano
fresh basil
fresh parsley

MAKES: 2 servings



Chicken Wrap with Lettuce and Tomato

- 1 Combine tomatoes, chicken, and dressing in a medium bowl. Cut avocado into thin slices. Line the tortillas with Swiss cheese, lettuce leaves, and avocado slices.
- 2 Divide the chicken and tomato mixture and fill in the tortillas. Roll up tightly and chill for 3 hours. Cut into slices.
- 3 Place cherry tomatoes and feta in a small salad bowl. Combine olive oil, parsley, basil, and oregano and shake. Pour the mix over the salad. Serve the chicken wraps with the cherry tomato salad.

WINE PORK

with greens



Wine Pork with Greens

- 1 Preheat oven to 375°F. Place the pork, olive oil, salt, pepper and wine in a pan, cover and bake for about an hour.
- 2 Add water in a skillet and bring to a boil. Add the green beans and green peas and cook for 1 ½ minute in boiling water. Drain and put veggies in a dish and add butter, lemon juice and salt. Add the butter while the veggies are still hot so it will melt.
- 3 Serve the pork loins with the veggies on the side.

YOU WILL NEED

4 pork tenderloin (1/2 inch thick)
olive oil
1 cup red wine
1 can green beans, cut
1 can peas
black pepper and salt
*You can use frozen veggies

MAKES: 4 servings

Low carb foods

MIXED BERRIES

fruit salad

YOU WILL NEED

- 1 cup strawberries
- 1 cup raspberries
- 1 cup blueberries
- fresh mint
- 2 tablespoons splenda
- 1 cup sour cream
- 2 tablespoons cream
- 4 spoons orange juice
- 1 teaspoon grated lime peel

MAKES: 6 servings



- 1 Combine strawberries, raspberries, and blueberries in a large bowl.
- 2 Use a separate (small) bowl to combine orange juice, splenda and grated lime peel. Pour over the fruits. Place 6 bowls in the fridge.
- 3 Stir in cream and sour cream. Cool in the fridge for 20 minutes.
- 4 Divide fruits into the 6 bowls and spoon the cream on top. Garnish with fresh mint and serve.



Dill and Wine Salmon

SALMON FILLETS

with dill and wine

YOU WILL NEED

2 salmon fillets
4 springs fresh dill
2 slices of lemon
2 tbs white wine
aluminum foil

PER SERVING:

162 calories
1g carbohydrates
17g protein
9g fat

MAKES: 2 servings

1 Preheat the oven to 375°F. Place salmon fillets in the center of the foil sheet and turn up the edges of the foil.

2 Top the salmon with lemon slices, dill, salt and pepper; sprinkle with wine. Cover the salmon with the second foil sheet and bake for 25 minutes.



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