

Meal Planning for a Low Carb Diet

1 Week

- Monday
 - Breakfast: Protein Shake
 - Lunch: Tuna & Crackers
 - Dinner: [Turkey Meatloaf & veggie tots](#) or corn
- Tuesday
 - Breakfast: [Green Smoothie](#)
 - Lunch: Tuna & Crackers
 - Dinner: AirFryer Chicken strips
- Wednesday
 - Breakfast: [Green Smoothie](#)
 - Lunch: Loaded salad with bacon crumbles, chicken, hard boiled eggs, and favorite veggies
 - Dinner: [Pork Loin & Fixings](#)
- Thursday
 - Breakfast: 2 eggs, 2 pork sausage links
 - Lunch: Tuna & Crackers
 - Dinner: [Turkey Meatloaf & veggie tots](#)
- Friday
 - Breakfast: Protein Shake
 - Lunch: Tuna & Crackers
 - Dinner: Leftovers
- Saturday
 - Breakfast: [Green Smoothie](#)
 - Lunch: Tuna & Crackers
 - Dinner: [Quinoa Chicken Soup](#)
- Sunday
 - Breakfast: Protein Shake
 - Lunch: Loaded salad with bacon crumbles, chicken, hard boiled eggs, and favorite veggies
 - Dinner: [Quinoa Chicken Soup](#)

Snacks: cottage cheese & peaches, cashews, Healthy Trail Mix