## YOUR LOW CARB MEAL PLANNER

All recipes marked ● are available at diabetes.org.uk/recipes

### Monday

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked eggs with two slices of 30g rye bread ●</td>
<td>Porridge – 30g porridge oats, 200ml almond milk*, 40g blueberries and 10g pumpkin seeds</td>
<td>Mushroom and spring onion omelette ●</td>
<td>Summerberry smoothie ●</td>
</tr>
<tr>
<td>240 kcal ● 29.5g carbs ● 5.5g fibre 16.2g protein ● 0.5 Fruit &amp; Veg (F&amp;V)</td>
<td>235 kcal ● 34g carbs ● 4.4g fibre 6.6g protein ● 0.5 F&amp;V</td>
<td>251 kcal ● 2.7g carbs ● 1.7g fibre 22.2g protein ● 2 F&amp;V</td>
<td>100 kcal ● 14.4g carbs ● 2.6g fibre 7.8g protein ● 1 F&amp;V</td>
</tr>
<tr>
<td>140g avocado 266 kcal ● 3g carbs ● 6g fibre 3g protein ● 1 F&amp;V</td>
<td>131g apple and 30g peanut butter 237 kcal ● 17g carbs ● 3g fibre 8g protein ● 1 F&amp;V</td>
<td>125g Greek yogurt and 2 x 80g satsuma (weight including skin) 210 kcal ● 16g carbs ● 2g fibre 9g protein ● 1 F&amp;V</td>
<td></td>
</tr>
<tr>
<td>317 kcal ● 24.6g carbs ● 7.7g fibre 29.7g protein ● 3 F&amp;V</td>
<td>Butter bean paté with 40g carrots, 40g tomatoes and 30g mini wholemeal pitta bread ●</td>
<td>Chickpea and tuna salad ●</td>
<td>355 kcal ● 22.7g carbs ● 12.4g fibre 32.1g protein ● 4 F&amp;V</td>
</tr>
<tr>
<td>Chili bean soup with avocado salsa ●</td>
<td>Bang bang chicken salad ●</td>
<td>213.2 kcal ● 31.3g carbs ● 10.4g fibre 8.3g protein ● 3 F&amp;V</td>
<td>1 medium 140g orange and 30g almonds 222 kcal ● 11g carbs ● 4g fibre 7g protein ● 1 F&amp;V</td>
</tr>
<tr>
<td>181 kcal ● 19.3g carbs ● 9.5g fibre 7.6g protein ● 2 F&amp;V</td>
<td>205 kcal ● 1g carbs ● 2g fibre 4g protein ● 0 F&amp;V</td>
<td>1 small 104g pear and 30g plain almonds 229 kcal ● 13g carbs ● 5g fibre 6g protein ● 1 F&amp;V</td>
<td></td>
</tr>
<tr>
<td>Snack 125g Greek yogurt and 2 x 80g satsuma (weight including skin) 210 kcal ● 16g carbs ● 2g fibre 9g protein ● 1 F&amp;V</td>
<td>30g brazil nuts 205 kcal ● 1g carbs ● 2g fibre 4g protein ● 0 F&amp;V</td>
<td>1 small 104g pear and 30g plain almonds 229 kcal ● 13g carbs ● 5g fibre 6g protein ● 1 F&amp;V</td>
<td></td>
</tr>
<tr>
<td>Snack 140g avocado 266 kcal ● 3g carbs ● 6g fibre 3g protein ● 1 F&amp;V</td>
<td>131g apple and 30g peanut butter 237 kcal ● 17g carbs ● 3g fibre 8g protein ● 1 F&amp;V</td>
<td>1 medium 140g orange and 30g almonds 222 kcal ● 11g carbs ● 4g fibre 7g protein ● 1 F&amp;V</td>
<td></td>
</tr>
<tr>
<td>Snack 131g apple 56 kcal ● 13g carbs ● 1g fibre 1g protein ● 1 F&amp;V</td>
<td>80g celery and 30g peanut butter 188 kcal ● 5g carbs ● 2g fibre 8g protein ● 1 F&amp;V</td>
<td>125g natural yogurt and 20g pumpkin seeds 210 kcal ● 12g carbs ● 2g fibre 13g protein ● 0 F&amp;V</td>
<td>2 oatcakes topped with 30g smooth peanut butter 272 kcal ● 16g carbs ● 4g fibre 9g protein ● 0 F&amp;V</td>
</tr>
<tr>
<td>Snack 125g Greek yogurt and 2 x 80g satsuma (weight including skin) 210 kcal ● 16g carbs ● 2g fibre 9g protein ● 1 F&amp;V</td>
<td>225ml semi-skimmed milk 103.5 kcal ● 10.7g carbs ● 0g fibre 8g protein ● 0 F&amp;V</td>
<td>225ml semi-skimmed milk 103.5 kcal ● 10.7g carbs ● 0g fibre 8g protein ● 0 F&amp;V</td>
<td>225ml semi-skimmed milk 103.5 kcal ● 10.7g carbs ● 0g fibre 8g protein ● 0 F&amp;V</td>
</tr>
<tr>
<td>Milk 225ml semi-skimmed milk 103.5 kcal ● 10.7g carbs ● 0g fibre 8g protein ● 0 F&amp;V</td>
<td>225ml semi-skimmed milk 103.5 kcal ● 10.7g carbs ● 0g fibre 8g protein ● 0 F&amp;V</td>
<td>225ml semi-skimmed milk 103.5 kcal ● 10.7g carbs ● 0g fibre 8g protein ● 0 F&amp;V</td>
<td>225ml semi-skimmed milk 103.5 kcal ● 10.7g carbs ● 0g fibre 8g protein ● 0 F&amp;V</td>
</tr>
<tr>
<td>Totals 1491.5 kcal ● 121.3g carbs ● 28g fibre 70.9g protein ● 5.5 F&amp;V</td>
<td>1654.5 kcal ● 121.6g carbs ● 30.5g fibre 79.9g protein ● 7.5 F&amp;V</td>
<td>1578.7 kcal ● 119.8g carbs ● 40.4g fibre 88.4g protein ● 15.5 F&amp;V</td>
<td>1676.5 kcal ● 127.5g carbs ● 36.4g fibre 106g protein ● 11 F&amp;V</td>
</tr>
</tbody>
</table>

* use one fortified with calcium
### Your Low Carb Meal Planner

#### Friday

**Breakfast**
- Baked eggs with two slices of 30g rye bread
  - 240 kcal • 29.5g carbs • 5.5g fibre
  - 16.2g protein • 0.5 F&V

**Snack**
- 80g raspberries and 80g honeydew melon
  - 42 kcal • 9g carbs • 4g fibre
  - 1g protein • 2 F&V

**Lunch**
- 2 slices medium cut wholemeal bread, 25g cheddar cheese, 10g veg oil-based spread, 130g tomato and 80g cucumber
  - 331 kcal • 39g carbs • 6g fibre
  - 19g protein • 2 F&V

**Snack**
- 140g avocado
  - 266 kcal • 3g carbs • 6g fibre
  - 3g protein • 1 F&V

**Dinner**
- 130g salmon steak grilled, 110g baked sweet potato, 120g broccoli and 80g cabbage
  - 453 kcal • 36g carbs • 10g fibre
  - 41g protein • 3 F&V

**Pudding**
- 170g sugar free jelly
  - 10 kcal • 0g carbs • 0g fibre
  - 3g protein • 0 F&V

**Snack**
- 30g plain almonds
  - 185 kcal • 2g carbs • 3g fibre
  - 7g protein • 0 F&V

**Milk**
- 225ml semi-skimmed milk
  - 103.5 kcal • 10.7g carbs • 0g fibre
  - 8g protein • 0 F&V

**Totals**
- 1630.5 kcal • 123.2g carbs • 34.5g fibre
- 92.2g protein • 8.5 F&V

#### Saturday

**Breakfast**
- Welsh leek rarebit
  - 235 kcal • 18.3g carbs • 5g fibre
  - 13.1g protein • 1 F&V

**Snack**
- 125g apple and 30g plain almonds
  - 222 kcal • 12g carbs • 4g fibre
  - 8g protein • 1 F&V

**Lunch**
- Cauliflower and leek soup with 25g cheddar cheese
  - 258 kcal • 18.1g carbs • 7.7g fibre
  - 15.1g protein • 3 F&V

**Snack**
- 125g Greek yogurt, 1 small 104g pear and 30g plain almonds
  - 222 kcal • 12g carbs • 7g fibre
  - 14g protein • 1 F&V

**Milk**
- 225ml semi-skimmed milk
  - 103.5 kcal • 10.7g carbs • 0g fibre
  - 8g protein • 0 F&V

**Totals**
- 1667.5 kcal • 121.4g carbs • 47.5g fibre
- 77g protein • 13 F&V

#### Sunday

**Breakfast**
- Omelette – 2 eggs mixed with milk, 80g spinach, 80g mushrooms, 1 tsp vegetable oil and 25g grated cheddar. Slice of rye bread and 1 tsp unsaturated margarine
  - 490 kcal • 14g carbs • 5g fibre
  - 37g protein • 2 F&V

**Snack**
- 125g low fat Greek yogurt, 30g plain almonds and 10g pumpkin seeds
  - 338 kcal • 13g carbs • 4g fibre
  - 18g protein • 0 F&V

**Lunch**
- 70g smoked mackerel, on 33g granary toast, 1 tsp veg oil-based spread, 40g rocket, 80g tomato and 80g cucumber
  - 354 kcal • 18g carbs • 5g fibre
  - 21g protein • 2.5 F&V

**Snack**
- 140g avocado
  - 266 kcal • 3g carbs • 6g fibre
  - 3g protein • 1 F&V

**Milk**
- 225ml semi-skimmed milk
  - 103.5 kcal • 10.7g carbs • 0g fibre
  - 8g protein • 0 F&V

**Totals**
- 1802.5 kcal • 112.4g carbs • 30.9g fibre
- 134.4g protein • 10 F&V

---

**Shopping List**

---

### Your Low Carb Meal Planner

All recipes marked ● are available at diabetes.org.uk/recipes