



My Low-Carb Week

This guide is intended to provide you with an idea on how you can get started on a low-carb plan.

This is NOT how I eat all the time but I have recently decided to make some changes to my daily routine and I find planning my week out in advance is the easiest way to help me implement new habits.

What works for me may not work for you so please go ahead and adjust the plan as you see fit.

I prefer to prep meals 2-3 times each week rather than cooking every night. This saves me a lot of time and energy. It also ensures that I always have healthy meals ready to go.

I have included my meal prep plan, my 7 day menu and some recipes too!

I do NOT count carbs or calories but I can tell you that each days carb intake is somewhere between 30-40g which will allow me to enter ketosis. I did have a relaxed meal Saturday night which likely, temporarily took me out of ketosis.

I am typically fairly happy to eat the same thing every day for a week or two which takes so much pressure off having to think of something new and interesting to eat each day.

For the most part I did stick to what I planned to eat but you will notice that I skipped a meal and had a couple of treats too.

Please let me know if this has been helpful so I can share more plans like this in the future.

# Sunday Meal Prep

- Prep Ham & Cheese Muffins (Mon, Tues, Wed breakfast)
- Make Chocolate Strawberry Bites (snacks for the week)
- Roast Chicken Drumsticks (Mon, Tues, Wed dinner)
- Bake cauliflower cheese, Roast pumpkin & beetroot & Steam Broccoli (Mon, Tues, Wed lunch & dinner)
- Make a jar of salted nuts (snacks for the week)

# Monday

- 10:30 Breakfast: Ham & Cheese Muffin
- 12:00 Snack: Small Jar of Greek Yoghurt
- 2:00 Lunch: Roast Pumpkin & Feta
- 4:30 Snack: Salted Nuts
- 7:00 Dinner: Chicken Drumsticks & Veg
- 8:00 Snack: Chocolate Strawberry Bites

# Tuesday

- 10:30 Breakfast: Ham & Cheese Muffin
- 12:00 Snack: Small Jar of Greek Yoghurt
- 2:00 Lunch: Roast Pumpkin & Feta
- 4:30 Snack: Salted Nuts
- 7:00 Dinner: Chicken Drumsticks & Veg
- 8:00 Snack: Chocolate Strawberry Bites

# Wednesday

- 10:30 Breakfast: Ham & Cheese Muffin
- 12:00 Snack: Small Jar of Greek Yoghurt
- 2:00 Lunch: Roast Pumpkin & Feta
- 4:30 Snack: Salted Nuts
- 7:00 Dinner: Chicken Drumsticks & Veg
- 8:00 Snack: Chocolate Strawberry Bites

# Wednesday Night Meal Prep

- Make ham & cheese muffins (Thurs, Fri, Sat breakfast)
- Roast pumpkin, cauliflower & beetroot, steam broccoli.  
(Thurs, Fri, Sat Lunch)
- Pan fry halloumi (Thurs, Fri, Sat lunch)
- Go food shopping for mince meat & salad for Taco night  
(Thurs, Fri dinner)

# Thursday

- 10:30 Breakfast: Ham & Cheese Muffin
- 12:00 Snack: Small Jar of Greek Yoghurt
- 2:00 Lunch: Roast Veg & Fried Halloumi + 1 tbsp hummus
- 4:30 Snack: Salted Nuts
- 7:00 Dinner: Taco night (Yes I did eat the taco shell...)
- 8:00 Snack: Chocolate Strawberry Bites

# Friday

- 10:30 Breakfast: Ham & Cheese Muffin
- 12:00 Snack: Small Jar of Greek Yoghurt
- 2:00 Lunch: Roast Veg & Fried Halloumi + 1 tbsp hummus
- 4:30 Snack: Salted Nuts
- 7:00 Dinner: Left over taco salad (no shell tonight...)
- 8:00 Snack: Chocolate Strawberry Bites

# Saturday

- 10:30 Breakfast: Ham & Cheese Muffin
- 12:00 Snack: Small Jar of Greek Yoghurt
- 2:00 Lunch: Roast veg & Halloumi
- 4:30 Snack: Salted Nuts
- 7:00 Dinner: relaxed meal (sushi train)
- 8:00 Snack: Oreos!

I go out for dinner (or get Uber Eats) most Saturday nights. I believe that part of adopting a healthier lifestyle is to learn how to enjoy those things that you love in moderation without the guilt or shame.

# Sunday

- Breakfast: none
- Snack: none
- 12:00 Lunch: Mushroom & Cheese Omelette
- 3:00 Snack: Salted Nuts
- 7:00 Dinner: Satay Chicken
- 8:00 Snack: Chocolate Strawberry Bites PLUS extra salted nuts and some cheese.

# Ham & Cheese Muffins (Makes 3)

1 cup Almond Meal

2 eggs

1/2 cup Cottage Cheese

100g Ham

1. Pre heat the oven to 180 degrees and lightly grease 3 ramekins
2. Dice the ham and add to a mixing bowl
3. Add the almond meal, eggs and cottage cheese and combine well
5. Pour the mixture into the ramekins and bake at 180 for 15-25 minutes (until they begin to turn slightly golden brown)
6. Enjoy warm or cold

Carbs per serve = 3g

# Chocolate Strawberry Bites

1/3 cup Cacao Butter Melts

1/3 cup Cacao Powder

1 tsp Rice Malt Syrup (or honey)

1 packet of Freeze Dried Strawberries

1. Melt the cacao butter and stir in the cacao powder and rice malt syrup

2. Evenly fill the chocolate moulds with the dried strawberries and pour the melted chocolate into the moulds

3. set and store in the fridge

Serving size = 1 small chocolate (Makes approximately 12 chocolates depending on the size of your mould) Approximately 2g of carb per serve



# Salted Nuts

I love salted nuts but the pre-salted nuts that we buy from the shops are usually coated in highly processed salt that lacks essential mineral content and contributes to poor health.

Other salts such as Celtic salt or Himalayan salt contain a higher content of essential minerals such as iodine, calcium and magnesium and they are a far better choice than highly processed table salt

Simply add 500g of almonds (or other nuts) to a jar. Sprinkle in 1 tsp of fine Celtic or Himalayan salt and shake it around.

It's that easy!

# Satay Chicken (serves 3)

300g Chicken

1 tsp Coconut Oil

1/2 cup Coconut Milk

1/4 cup Peanut Butter

1 tbsp Thai Red Curry Paste

1 cup Green Beans

3 cups Broccoli

2 cups Cauliflower

1/2 hot cup water

1. Dice the vegetables and chicken and set aside
2. Heat 1 tsp of coconut oil in a pan & add the chicken
3. Melt the peanut butter and set aside. Add the curry paste, peanut butter & coconut milk to the pan, combine well and add 1/4 of a cup of water
4. Add the vegetables, combine well, turn the heat down and allow to simmer for a few minutes. Add hot water as needed to prevent the sauce from becoming too dry & sticky. Serve with chilli & corriander

Carb content per serve = approximately 8g