

Week 2 (cont.)

Spice up your meals with any of the herbs found here. Keep the carbs low by choosing those with a zero count. (recipe should be self explanatory if no links provided)

Saturday Day 7 - Low carb day **Total 75 carbs**

Breakfast - Total 9.3 carbs

Single-serve reduced-fat plain Greek yogurt

Raspberries

15 almonds

Snack - Total 9 carbs

10 baby carrots

2 tbsp hummus

Lunch - Total 31 carbs

English muffin

1/4 cup pizza sauce

2 rings green peppers

1 oz part-skim mozzarella cheese

Dinner - Total 15 carbs

3 oz salmon

1/2 cup broccoli

1/4 cup (uncooked) brown rice

1 tbsp teriyaki sauce