

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. Simply click on the underlined meals below for the quick and easy recipe

Wednesday Day 4 - High carb day Total 322 carbs

Breakfast: Sausage and Egg Breakfast Casserole - 10 grams carbs

Snack: 1 scoops protein powder in water + banana - 43 grams carbs

Lunch: Egg and Avocado Wrap - 38 grams carbs

Snack: yogurt with granola - 14 grams

Dinner: Shrimp with Whole Wheat Pasta and Wine Sauce - 219 grams carbs

Thursday Day 5 - Low carb day Total 69 carbs

Breakfast: Crustless Mini Quiche - 3 grams each (makes 8)

Lunch: Veggie "Sushi" Rolls - 31 grams carbs

Dinner: Sausage Stuffed Portobello Mushrooms - 35 grams carbs

Friday Day 6 - High carb day Total 103 carbs

Breakfast: Poached eggs with 1 slice of mozzarella cheese
Handful small strawberries - 10 grams carbs

Lunch: 6 pz lean protein, 1 sm sweet potato, 1 cup veggies, 1/2 cup raspberries - 46 grams carbs

Dinner: chicken breast, 1 cup strawberries & walnuts, cup cabbage & onion salad - 33 grams carbs

Dessert: yogurt with granola - 14 grams carbs

