

7-Day 1200-Calorie Low-Carb Meal Plan

Day 8

Breakfast: 3 egg whites + 1 whole egg scrambled with spinach and mushrooms (170 kcal, 5g carbs)

Lunch: Zucchini noodles with grilled chicken and pesto (350 kcal, 10g carbs)

Dinner: Pan-seared tilapia with steamed broccoli and butter (400 kcal, 8g carbs)

Snack: Handful of pecans (120 kcal, 2g carbs)

Day 9

Breakfast: Greek yogurt with ground flaxseed and cinnamon (200 kcal, 7g carbs)

Lunch: Turkey burger wrapped in lettuce with mustard + side salad (350 kcal, 9g carbs)

Dinner: Baked chicken thighs with sautéed kale (420 kcal, 6g carbs)

Snack: Boiled egg (70 kcal, 1g carbs)

Day 10

Breakfast: Chia seed pudding with unsweetened coconut milk (220 kcal, 8g carbs)

Lunch: Tuna stuffed avocado halves (350 kcal, 9g carbs)

Dinner: Zucchini lasagna (with ricotta, ground beef, and marinara) (420 kcal, 10g carbs)

Snack: Celery with almond butter (120 kcal, 4g carbs)

Day 11

Breakfast: Smoothie with protein powder, spinach, avocado, almond milk (180 kcal, 6g carbs)

Lunch: Chicken lettuce wraps with bell pepper strips (350 kcal, 7g carbs)

Dinner: Grilled shrimp with cauliflower rice (420 kcal, 8g carbs)

Snack: Cheese stick (80 kcal, 1g carbs)

Day 12

Breakfast: 2 boiled eggs + ½ avocado (250 kcal, 6g carbs)

Lunch: Eggplant pizza (eggplant slices, tomato sauce, cheese) (300 kcal, 8g carbs)

Dinner: Ground turkey with green beans and olive oil (450 kcal, 7g carbs)

Snack: Walnuts (120 kcal, 2g carbs)

Day 13

Breakfast: Scrambled eggs with feta and cherry tomatoes (220 kcal, 5g carbs)

Lunch: Salmon salad with olive oil & lemon dressing (350 kcal, 4g carbs)

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Dinner: Tofu stir-fry with cabbage and mushrooms (450 kcal, 10g carbs)

Snack: Pumpkin seeds (100 kcal, 3g carbs)

Day 14

Breakfast: Cottage cheese with a few raspberries and cinnamon (180 kcal, 7g carbs)

Lunch: Chicken breast with asparagus and garlic butter (350 kcal, 6g carbs)

Dinner: Beef and spinach stuffed bell peppers (460 kcal, 8g carbs)

Snack: 10 almonds (100 kcal, 2g carbs)