

7-Day 1200-Calorie Low-Carb Meal Plan

Day 1

Breakfast: 2 scrambled eggs with spinach in olive oil + ½ avocado (300 kcal, 10g carbs)

Lunch: Grilled chicken salad with olive oil vinaigrette (350 kcal, 8g carbs)

Dinner: Baked salmon, roasted cauliflower & zucchini (420 kcal, 10g carbs)

Snack: 10 almonds (70 kcal, 2g carbs)

Day 2

Breakfast: Greek yogurt with chia seeds (200 kcal, 10g carbs)

Lunch: Tuna lettuce wraps + boiled egg (350 kcal, 5g carbs)

Dinner: Turkey stir-fry with broccoli and bell pepper (400 kcal, 12g carbs)

Snack: Cheese stick + walnuts (120 kcal, 2g carbs)

Day 3

Breakfast: Omelet with eggs, mushrooms, and cheese (200 kcal, 3g carbs)

Lunch: Chicken Caesar salad (no croutons) (400 kcal, 6g carbs)

Dinner: Beef and veggie skillet (450 kcal, 10g carbs)

Snack: Cottage cheese (80 kcal, 4g carbs)

Day 4

Breakfast: Protein smoothie with berries and spinach (180 kcal, 8g carbs)

Lunch: Egg salad in lettuce wrap + cherry tomatoes (300 kcal, 7g carbs)

Dinner: Grilled shrimp + asparagus + side salad (450 kcal, 10g carbs)

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

Day 5

Breakfast: Chia pudding with almond milk and flaxseed (150 kcal, 8g carbs)

Lunch: Turkey lettuce wraps + cucumber + boiled egg (350 kcal, 5g carbs)

Dinner: Baked cod with Brussels sprouts (450 kcal, 12g carbs)

Snack: String cheese + olives (100 kcal, 2g carbs)

Day 6

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

Lunch: Greek salad with chicken (400 kcal, 10g carbs)

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Dinner: Stir-fried tofu with cabbage and bok choy (400 kcal, 10g carbs)

Snack: Almond butter (100 kcal, 3g carbs)

Day 7

Breakfast: Egg muffins with cheese, spinach, and peppers (180 kcal, 4g carbs)

Lunch: Sardine salad + ½ avocado (400 kcal, 6g carbs)

Dinner: Grilled steak with garlic green beans (450 kcal, 10g carbs)

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