

A close-up photograph of a person's hands eating a meal. The person is using a fork to pick up a piece of food from a light blue bowl. The bowl contains a salad of lettuce, sliced avocado, and pieces of cooked chicken. In the background, there is another plate with food and a glass of orange juice. The text "Low Carb" is overlaid in a large, orange, serif font with a white outline.

Low Carb

Meal Plans

10 Day Of
Breakfasts, Lunches,
Dinnes, and Snacks

Low-Carb Diet
SOLUTIONS 

Day 1

Breakfast

Bacon and eggs
Coffee or tea (no sugar)

Snack

Celery and cream cheese

Lunch

Spinach and grilled chicken salad (with oil and vinegar or a low carb dressing)

Snack

Sugar free jello

Dinner

Grilled salmon Asparagus
with butter Tomato ½
avocado 5 Strawberries

Day 2

Breakfast

Omelet cooked in butter with any choice of meat, 1 ounce of cheese and non-starchy vegetables Coffee or tea (no sugar)

Snack

Guacamole with raw celery or bell peppers

Lunch

Tuna salad over greens

Snack

1 ounce of cheese with flax crackers

Dinner

Pot roast Mashed cauliflower with butter Green salad with tomatoes, cucumbers, green onions and olive oil and vinegar

Day 3

Breakfast

2 hard boiled eggs

Bacon

½ Avocado

1 Tomato

Cilantro Coffee or tea (no sugar)

Snack

Turkey lettuce wraps with cucumbers, tomato slices and mayo and/or mustard

Zucchini fries (recipes online)

Lunch

Lettuce-wrapped burger with bacon, tomato, onions, and cheese

Snack

Handful of peanuts or almonds

Dinner

Roast chicken

Roasted bell peppers and onions

Kale salad with low carb dressing

Day 4

Breakfast

Sausage and eggs any style Handful of berries
with 1 teaspoon fresh whipped cream Coffee or
tea (no sugar)

Snack

Cheese crisp chips (put small piles of either shredded parmesan or cheddar on a
hot non-stick pan and cook until crisp on both sides)

Lunch

Taco salad (ground beef, lettuce, tomato, onions, salsa, sour cream, and
guacamole)

Snack

½ avocado
1 ounce of cheese

Dinner

Steak with garlic butter
Mashed cauliflower
Asparagus with parmesan cheese
Sugar free jello

Day 5

Breakfast

Smoked salmon

Cream cheese stuffed avocado Cauliflower hash
browns (recipes online)

Coffee or tea (no sugar)

Snack

Handful of berries with whipped cream

Lunch

Philly cheese steak lettuce wraps

Green salad with low carb dressing

Snack

1 ounce of cheese Jerky

Dinner

Stuffed Portobello mushroom pizza – add tomato sauce, mozzarella cheese and sausage/and or pepperoni to Portobello mushroom caps and bake until cheese is bubbling

Raw spinach salad with boiled egg crumbles with olive oil and vinegar

Sugar free jello with fresh whipped cream

Day 6

Breakfast

Frittata with fillings of your choice
Coffee or tea (no sugar)

Snack

Grilled chicken wings with blue cheese or ranch

Lunch

Grilled shrimp (dribble olive oil and garlic powder over raw shrimp and broil for a few minutes until pink) Green salad with low carb dressing Sugar free jello

Snack

Cherry tomatoes with 1 tablespoon of sour cream

Dinner

Grilled fish
Broccoli with butter
½ avocado
Small slice flourless sugar-free chocolate cake (recipes online)

Day 7

Breakfast

Egg and bacon or sausage skillet with onions, tomatoes, and cheese
Handful of berries with fresh whipped cream
Coffee or tea (no sugar)

Snack

Olives

Lunch

Tuna salad, cucumber, and tomato slices over flax crackers
1/2 avocado with 1 tablespoon of sour cream

Snack

Handful of walnuts

Dinner

Steak, shrimp, or chicken stir-fry with sprouts cabbage, celery, onion, and any non-starchy vegetables and oil and soy sauce (no noodles)
Green salad with dressing

Day 8

Breakfast

Low carb pancakes (recipes online)

Sugar free syrup

Berries

Coffee or tea (no sugar)

Snack

Cheese and flax crackers

Lunch

Chicken salad with cucumber, greens, tomatoes, boiled egg and bacon with low carb dressing

Snack

Celery sticks with 1-tablespoon peanut butter

Dinner

Roast beef

Grilled vegetables: onions, peppers, broccoli

½ baked tomato with parmesan cheese

Day 9

Breakfast

Lox, cream cheese with scrambled eggs ½ cup full-fat plain yogurt (no sugar added)
Coffee or tea (no sugar)

Snack

Atkins™ bar of your choice

Lunch

Lettuce wraps with bacon, cheese, and turkey Cheese crisp chips

Snack

½ avocado with tuna

Dinner

Beef stew (no potatoes)
Cauliflower mash
Green salad
Berries with cream or sugar free jello

Day 10

Breakfast

Lox

½ Avocado

Fresh tomato slices

Cauliflower hash browns (recipes online)

Coffee or tea (no sugar)

Snack

Jerky

Lunch

Shrimp salad with greens, tomatoes, fresh raw spinach, and low carb dressing
Handful of berries with whipped cream

Snack

Cheese and flaxseed crackers

Dinner

Grilled pork chops

Grilled onions and peppers with fresh garlic

Zucchini fries (recipes online)

Sugar-free (low carb) ice cream bar

Supercharge Your 10-Day Keto Success

You've followed the plan—fueling your body, burning fat, feeling lighter. Imagine amplifying those results effortlessly. KetoCare is designed to support ketosis, keeping your journey smooth and energized.

Picture waking up refreshed, cravings fading, your body working with you—not against you.

What if staying in ketosis felt effortless?

Take the next step. Enhance your keto transformation with KetoCare.

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