

# A Sample less than 50 grams of carbs menu for one week.

Although this sample diet is provided for your convenience, I suggest you start with what you currently eat and gradually replace the high carb foods with alternatives like cauliflower and zucchini.

## Monday

**Breakfast:** Omelet with various vegetables, fried in butter or coconut oil.

**Lunch:** Full-fat yogurt with blueberries and a handful of almonds.

**Dinner:** Cheeseburger (no bun), served with vegetables and salsa sauce.

## Tuesday

**Breakfast:** Bacon and eggs.

**Lunch:** Leftover burgers and veggies from the night before.

**Dinner:** Salmon with butter and vegetables.

## Wednesday

**Breakfast:** Eggs and vegetables, fried in butter or coconut oil.

**Lunch:** Shrimp salad with some olive oil.

**Dinner:** Grilled chicken with vegetables.

## Thursday

**Breakfast:** Omelet with various vegetables, fried in butter or coconut oil.

**Lunch:** Smoothie with coconut milk, berries, almonds and protein powder.

**Dinner:** Steak and veggies.

## Friday

**Breakfast:** Bacon and Eggs.

**Lunch:** Chicken salad with some olive oil.

**Dinner:** Pork chops with vegetables.

## **Saturday**

**Breakfast:** Omelet with various veggies.

**Lunch:** Grass-fed yogurt with berries, coconut flakes and a handful of walnuts.

**Dinner:** Meatballs with vegetables.

## **Sunday**

**Breakfast:** Bacon and Eggs.

**Lunch:** Smoothie with coconut milk, a bit of heavy cream, chocolate-flavoured protein powder and berries.

**Dinner:** Grilled chicken wings with some raw spinach on the side.

As you can see, a low carb diet is very simple to switch to. It will reverse excessive weight gain and diabetes like never before. Sample from nutrition authority.