



LOW CARB MENU PLAN OVERVIEW



FOOD CHOICE GUIDE

- ☐ **PROTEINS** / 14 per day
- ☐ **STARCHES** / 6 per day
- ☐ **FATS** / 7 per day
- ☐ **DAIRY** / 1 per day
- ☐ **FRUITS** / 1 per day
- ☐ **VEGETABLES** / 6+ per day



SUGGESTED MENU PLAN

BREAKFAST

Jenny Craig Cheddar Cheese Omelet
(2 Starches + 1 Protein)
12 almonds (2 Fats)
½ cup low-fat cottage cheese (2 Proteins)

SNACK

1 large hard-boiled egg (1 Protein + 1 Fat)

LUNCH

Jenny Craig Chicken Fajita
(2 Proteins + 1 Starch + 1 Fat)
2 oz. low-fat turkey deli meat (2 Proteins)
1 string cheese (1 Protein)
5 whole grain crackers (1 Starch)
1½ cups roasted broccoli tossed in 1 tsp.
olive oil before roasting
(3 Vegetables + 1 Fat)

SNACK

1 cup raspberries (1 Fruit)
6 oz. plain, low-fat Greek yogurt (1 Dairy)

DINNER

5 oz. baked salmon (5 Proteins)
Toss together ½ cup cooked quinoa (1 Starch) +
½ cup chickpeas (1 Starch) + ½ cup roasted red bell
peppers (1 Vegetable) + 1 tsp. olive oil (1 Fat)
Large side salad made with 3 c. lettuce (1 Vegetable),
1 c. mixed non-starchy vegetables (ex. cucumbers,
carrots, tomatoes) (1 Vegetable) & 1 Tbsp. full-fat
salad dressing (1 Fat)



DAY 1

14 Proteins
6 Starches 7 Healthy Fats
 1 Dairy 1 Fruit 6+ Vegetables

Breakfast

Snack

Lunch

Snack

Dinner

Snack

DAY 2

14 Proteins
6 Starches 7 Healthy Fats
 1 Dairy 1 Fruit 6+ Vegetables

Breakfast

Snack

Lunch

Snack

Dinner

Snack

DAY 3

14 Proteins
6 Starches 7 Healthy Fats
 1 Dairy 1 Fruit 6+ Vegetables

Breakfast

Snack

Lunch

Snack

Dinner

Snack

DAY 4

14 Proteins
6 Starches 7 Healthy Fats
 1 Dairy 1 Fruit 6+ Vegetables

Breakfast

Snack

Lunch

Snack

Dinner

Snack

DAY 5

14 Proteins □□□□□□□□□□□□□□
6 Starches □□□□□□ 7 Healthy Fats □□□□□□
□□ 1 Dairy □ 1 Fruit □ 6+Vegetables □□□□□□

Breakfast

Snack

Lunch

Snack

Dinner

Snack

DAY 6

14 Proteins □□□□□□□□□□□□□□
6 Starches □□□□□□ 7 Healthy Fats □□□□□□
□□ 1 Dairy □ 1 Fruit □ 6+Vegetables □□□□□□

Breakfast

Snack

Lunch

Snack

Dinner

Snack

DAY 7

14 Proteins □□□□□□□□□□□□□□
6 Starches □□□□□□ 7 Healthy Fats □□□□□□
□□ 1 Dairy □ 1 Fruit □ 6+Vegetables □□□□□□

Breakfast

Snack

Lunch

Snack

Dinner

Snack