

# 7 DAY LOW-CARB DIET PLAN

**LOW** *carb* **foods**



# ASPARAGUS OMELET

## with goat cheese

### YOU WILL NEED

4 eggs  
3 asparagus spears  
3 tablespoons goat cheese, crumbled  
2 tablespoons butter  
1 tablespoon olive oil  
1 tablespoon fresh mint  
1 ½ tablespoons chives  
salt and pepper to taste

**MAKES:** 2 servings



*Asparagus Omelet with Goat Cheese*

- 1** Preheat the oven to 350°F. Cut off the ends of asparagus and place in a baking dish. Season with salt and pepper and drizzle with a bit of olive oil. Bake for 10 – 12 minutes.
- 2** Melt butter in a skillet. Whisk eggs, spread beaten eggs in the skillet and bake for 5 – 6 minutes. Add asparagus on top and sprinkle with mint and goat cheese. Fold in half and bake for another 2 minutes.
- 3** Remove from heat, cover with a lid, and set aside for 2 minutes. Sprinkle with chives and serve.





# TOMATO and CUCUMBER SALAD



*Tomato and Cucumber Salad*

- 1 In a bowl, combine the cucumber, tomatoes, red peppers and onion. Add the dressing to the salad and mix. Top with feta cheese and serve immediately.

**PER SERVING:**

149 calories  
6g carbohydrates  
4g protein  
6g fat

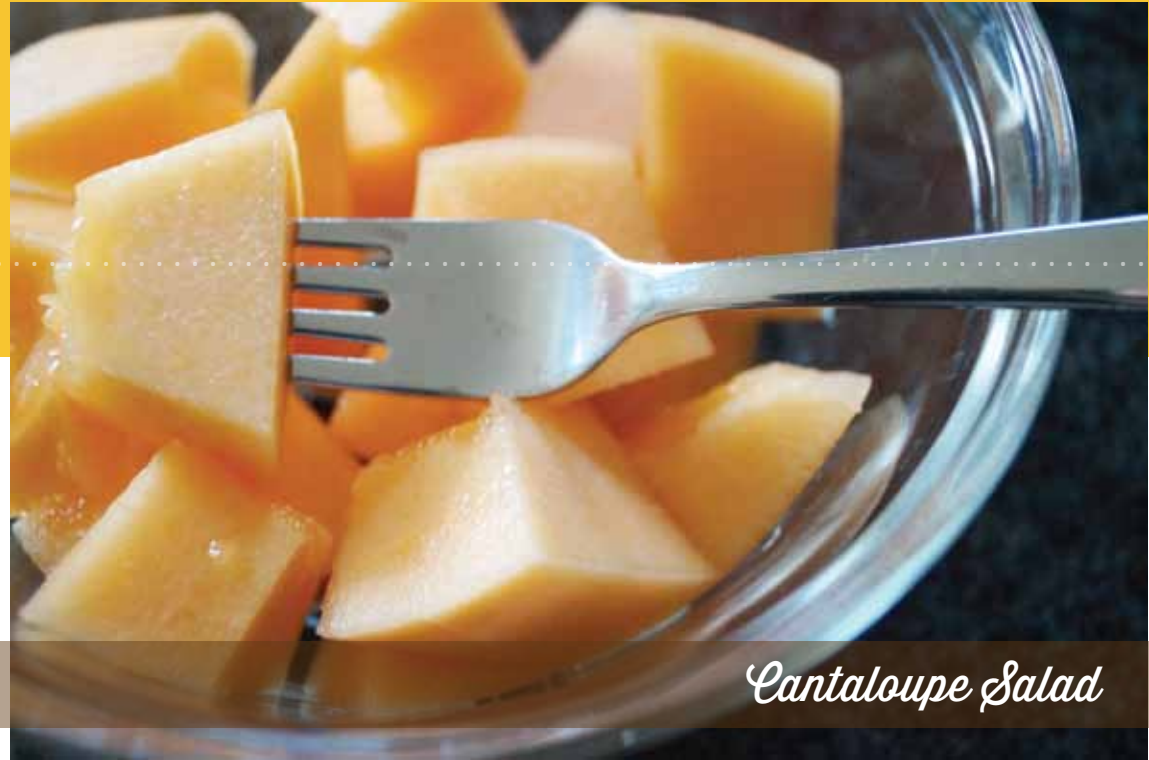
**YOU WILL NEED**

1 cucumber, sliced  
4 tomatoes, sliced  
1/2 onion, sliced  
1/2 red bell pepper  
2 tbs balsamic vinegar  
¼ cup extra-virgin oil  
salt to taste

**MAKES:** 4 servings



# CANTALOUPE SALAD



## YOU WILL NEED

1/2 cantaloupe cut into cubes  
1 tablespoon mint  
3 tablespoons lime juice  
1 teaspoon honey

**MAKES:** 6 servings

**1** Cut the cantaloupe in half and scoop out the seeds. Cut into thin wedges and remove the rind. Cut crosswise into bite size cubes and place in a salad bowl.

**2** In a separate bowl combine the lime juice, mint and honey and whisk.

**3** Pour dressing over the cantaloupe and serve chilled.

## PER SERVING:

43 calories  
10g carbohydrates  
1g protein  
traces of fat



# CHICKEN STIR-FRY



*Chicken Stir-Fry*

- 1 Heat olive oil in a large wok and add chicken. Stir-fry for about 15 minutes or until golden.
- 2 Remove the chicken from the wok and add peppers and onions. Stir-fry for 5 minutes.
- 3 Add the chicken and mix with veggies, salt cumin and black pepper. Add balsamic vinegar and cook for about a minute.

## YOU WILL NEED

1 pound of chicken, cut into 1-inch strips  
3-4 bell peppers (red, yellow and orange)  
1 garlic clove, diced  
2 large onions, chopped  
2 tablespoons of balsamic vinegar  
3 tablespoons of olive oil  
cumin  
salt and pepper to taste

**MAKES:** 4 - 6 servings

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# GREEK OMELET

## YOU WILL NEED

4 eggs  
1/4 cup chopped onion  
1/4 cup spinach leaves  
1 tomato, chopped  
5 chopped olives  
black pepper and salt to taste  
1 tbs olive oil

**MAKES:** 2 servings



*Greek Omelet*

**1** Heat the oil in a cooking pan and cook the onion until crisp (about 2 minutes). Add spinach and tomato and cook for about 1 minute.

**2** Then add the eggs, olives, salt and the pepper. Cook until the eggs are to your taste and serve.

## PER SERVING:

111 calories  
7g carbohydrates  
13g protein  
3g fat

**Low carb foods**





*Green Lettuce and Radish Salad*

### YOU WILL NEED

4 radishes  
2 green lettuces  
5 green onions  
1 avocado, peeled and sliced  
balsamic vinegar and olive oil to taste  
½ cup of herb leaves (cilantro, chervil, tarragon, parsley)  
1 tablespoon of Dijon mustard  
1 tablespoon white wine vinegar  
1 egg  
50 ml olive oil

# GREEN LETTUCE

## and radish salad

- 1 Wash and dry lettuce and cut in half. Slice into pieces or tear. Cut avocado and radish into pieces and mix with the lettuce leaves. Mix cilantro, chervil, tarragon, and parsley and scatter over the salad.
- 2 Wisk Dijon mustard, shallot, olive oil, and balsamic vinegar to blend. Season to taste and drizzle the salad with the dressing. Process vinegar and egg in a food processor (optional). Add oil while the motor is still running. Pour over the second dressing.

**MAKES:** 2 servings



# CELERY STICKS

## with cream cheese

### YOU WILL NEED

5 tablespoons cream cheese, soft  
2 tablespoons thick cream  
2 tablespoons yogurt  
fresh ground pepper and salt to taste  
1 red bell pepper, diced  
1 cucumber, diced  
4 stalks celery

**MAKES:** 4 servings



*Celery Sticks with Cream Cheese*

**1** Rinse celery stalks and scrape them. Cut stalks into pieces (3- or 4-inch thick). Put them in the fridge. Chill for 20 – 30 minutes before serving.

**2** Use a small bowl to combine cream cheese, yogurt, and cream and mix well. Add cucumber and red bell pepper and season with salt and pepper. Alternatively, you can replace cucumber and red bell pepper with half a cup of walnuts or pecans.

**3** Stuff the celery sticks with the cream cheese mix or serve the sticks and cheese spread separately.

**Low carb foods**





*Pork Kebabs with Mushrooms*

# PORK KEBOBS

with mushrooms

## YOU WILL NEED

20 mushrooms  
½ kg lean pork meat  
2 red bell peppers, cut into slices  
1 onion, chopped  
1 clove garlic, chopped  
salt and pepper to taste  
1/3 cup olive oil  
1 tablespoon honey  
1 lemon

**MAKES:** 3 servings

**1** Combine onion, garlic, olive oil, and lemon. Add salt and pepper. Thread pork, peppers, and mushrooms onto skewers and cook on a medium heat.

**2** Brush meat with olive oil and turn kebabs regularly. Brush with honey when cooked and spoon over the onion and olive mix. Serve with salad.

**Low carb foods**

# CELERY AND TUNA SALAD

## YOU WILL NEED

2 cans tuna  
2 tablespoons olive oil  
2 tablespoons lemon juice  
2 tablespoons mayonnaise  
1 cucumber, cut into cubes  
2 celery ribs  
1 clove garlic, chopped  
2 eggs  
salt and pepper to taste  
6 olives

**MAKES:** 2 servings



*Celery and Tuna Salad*

- 1** Boil eggs for 12 – 15 minutes. Chop celery and hard-boiled eggs. Drain tuna and combine with celery, eggs, and cucumber in a large bowl. Season with salt and pepper.
- 2** Stir together olive oil, mayonnaise, lemon juice, and garlic. Pour the mix over the celery and tuna salad and chill for 1 hour.
- 3** Divide into two plates and add celery leaves and olives on top.



# VEGETARIAN MINESTRONE



*Vegetarian Minestrone*

## PER SERVING:

206 calories  
18g carbohydrates  
7g protein  
3g fat

## YOU WILL NEED

¼ cup olive oil  
1 onion, chopped  
2 celery stalks, chopped  
1 carrot, cubed  
2 zucchini, cubed  
2 tomatoes, chopped  
2 tomatoes, chopped  
3 cups mixed green vegetables (cabbage, spinach...)  
1 garlic clove, crushed  
1 cup cooked beans (from can)  
3 quarts vegetable broth or water  
¾ cup short stubby pasta  
salt to taste  
ground pepper to taste  
¼ cup chopped parsley  
grated parmesan cheese

**MAKES:** 8 servings

- 1** Heat the oil in a soup pot over medium heat and add the onion. Cook until soft without browning and add the rest of the vegetables. Add some of the vegetable broth and cook until the vegetables begin to soften, about 8 minutes.
- 2** Add the beans, the vegetable broth or the water. The vegetables have to be covered completely so you can add more water if necessary. Reduce the heat and simmer the soup slowly until the vegetables are tender (about 25-30 minutes). Add more liquid if necessary (use either vegetable broth or water).
- 3** Add the pasta. Cook gently until the pasta is cooked and serve into soup bowls. Sprinkle with Parmesan cheese.





# CINNAMON MUFFINS

## YOU WILL NEED

3 eggs  
1 cup flax meal  
1 cup blueberries  
2 tablespoons cinnamon  
2 drops lemon extract  
zest of 1 orange (1 ½ teaspoon)  
2 drops vanilla extract  
1 teaspoon baking powder  
1 cup splenda

**MAKES:** 12 -14 servings



*Cinnamon Muffins*

- 1** Mix flax meal, cinnamon, vanilla, orange zest, baking powder, and Splenda. Add eggs and lemon extract. Do not use mixer or over-mix because the muffins may become dry. Leave the mixture for 15 minutes to thicken.
- 2** Butter the muffin tins and preheat the oven to 375 degrees. Add blueberries to the mix and fill all muffin tins. Bake for about 20 minutes or until the muffins are lightly browned.
- 3** Serve with fruits. Keep muffins in the fridge.



*Pork Chops with Green Beans*

# PORK CHOPS

with green beans

## YOU WILL NEED

- 4 pork chops (1/2 inch thick)
- 2 teaspoons butter
- 1 sliced onion
- 1 garlic glove, chopped
- 1 can green beans, cut
- black pepper
- 4 teaspoons sour cream

**MAKES:** 4 servings

## PER SERVING:

- 216 calories
- 5g carbohydrates
- 27g protein
- 9g fat



**1** Preheat a large skillet and add the butter. When melted stir in the onions, garlic and green beans. Cook for about 8 minutes.

**2** Meanwhile broil the pork chops 5-6 minutes on each side. Serve the pork chops with the green beans on the side topped with sour cream.

# EGGS with

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## tomato and peppers



*Eggs with Tomato and Peppers*

### YOU WILL NEED

- 4 eggs
- 2 tablespoons olive oil
- 3 red or green bell peppers
- 2 tomatoes, chopped
- 1 onion, sliced
- ground pepper to taste
- salt to taste
- 12 black olives, chopped
- fresh basil leaves

**MAKES:** 4 servings

- 1 Heat the oil in a skillet and fry the peppers and onion until softened (about 8 minutes). Stir in the tomatoes and season. Stir in the eggs, salt, black pepper, olives and basil.
- 2 Reduce heat and cover the pan, cook for additional 4 to 5 minutes.

### PER SERVING:

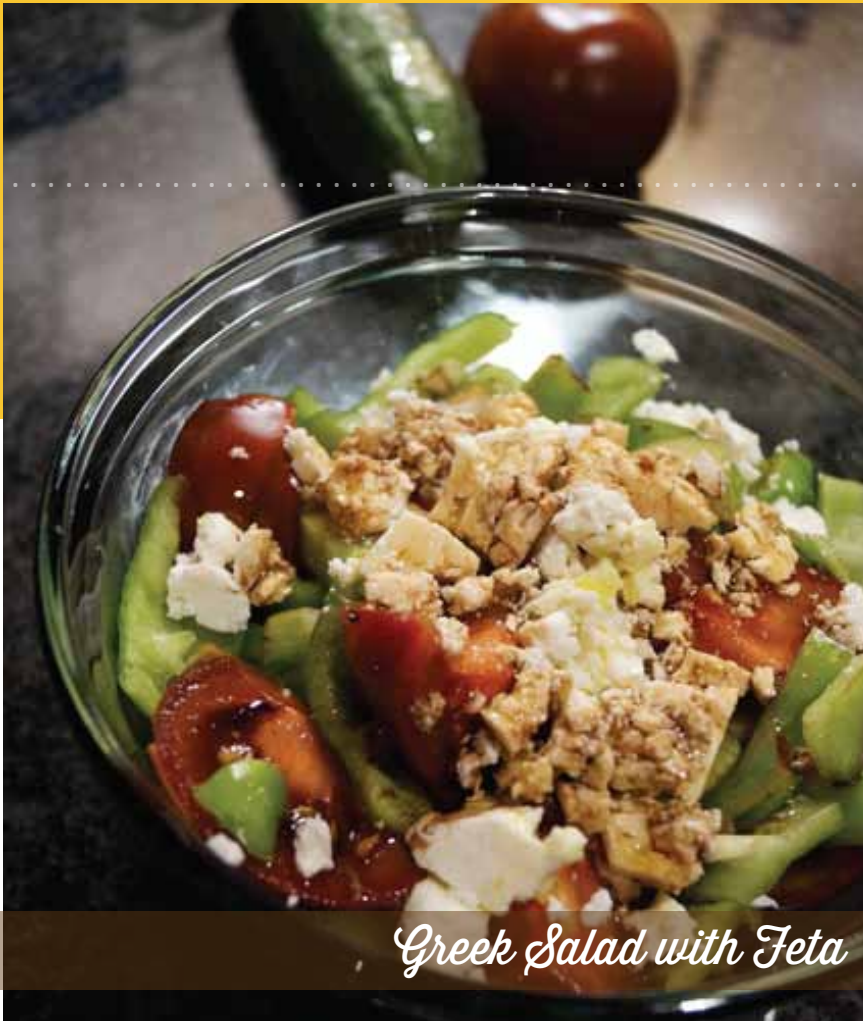
301 calories  
17g carbohydrates  
10g protein  
23g fat





# GREEK SALAD

## with feta



*Greek Salad with Feta*

- 1 In a large bowl, combine the cucumber, lettuce, tomatoes. Add the dressing to the salad and toss well.
- 2 Top with eggs and feta cheese and serve immediately.

### YOU WILL NEED

- 1 romaine lettuce, torn into bite-size pieces
- 1 cucumber, sliced
- 2 tomatoes, sliced
- 2 tbs balsamic vinegar
- ¼ cup extra-virgin oil
- salt to taste
- 4 hard cooked eggs, peeled and halved lengthwise
- feta cheese, for garnish

**MAKES:** 4 servings

### PER SERVING:

- 149 calories
- 6g carbohydrates
- 5g protein
- 13g fat



# HUMMUS

with baby carrots and red pepper

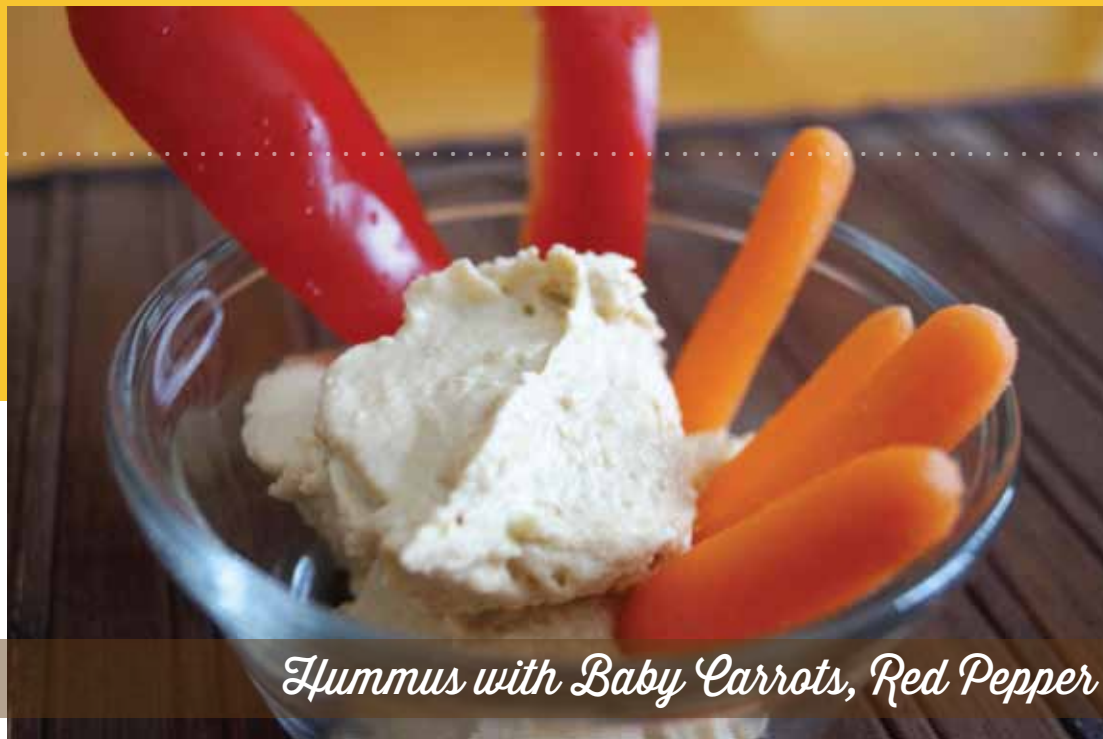
## YOU WILL NEED

16 baby carrots  
1 red bell pepper

## DIP

2 tablespoons lemon juice  
2 cloves garlic, crashed  
15 ounces chickpeas  
½ cup red bell peppers, roasted, chopped  
1/3 cup tahini  
1/5 teaspoon basil  
fresh ground pepper  
salt to taste

**MAKES:** 2 servings



*Hummus with Baby Carrots, Red Pepper*

- 1 Mince garlic in the food processor. Add lemon juice, tahini, and chickpeas and blend well. Process the ingredients until smooth and add basil and red bell pepper.
- 2 Blend until finely chopped. Add salt and pepper and pour in a bowl. Place in the fridge and refrigerate for 3 – 4 hours.
- 3 Serve cold or bring humus to room temperature. Divide into two bowls and serve with baby carrots and fresh bell pepper. Garnish with parsley.
- 4 Use an airtight container to store in the fridge.

# CUCUMBER SOUP



*Cucumber Soup*

## YOU WILL NEED

½ English cucumber  
2 cups yogurt  
1 cup water  
2 tablespoons fresh dill  
2 gloves garlic minced  
salt to taste  
olive oil

**MAKES:** 4 servings

- 1** Peel and chop the cucumber into small cubes. To mince the garlic use garlic press if you have one handy. In a salad bowl add the cucumber, garlic, dill and salt.
- 2** In a separate bowl mix the yogurt with water. Use a fork to blend (it doesn't get lumpy this way).
- 3** Combine the yogurt with the cucumber mix and add olive oil. Serve chilled. In the summer you can add ice cubes for cooling.





# COTTAGE CHEESE

## with strawberries

### YOU WILL NEED

- 3 cups strawberries
- 2 cups cottage cheese
- 3 tablespoons whipped cream
- 3 teaspoons splenda
- 1 teaspoon lemon juice
- ½ cup shredded dark chocolate

**MAKES:** 4 servings



*Cottage Cheese with Strawberries*

**1** Blend cottage cheese, 2 spoons splenda, lemon juice, and 2 cups strawberries in the food processor. Divide into 4 bowls and refrigerate for 10 minutes.

**2** Cut the remaining strawberries into halves. Combine whipped cream with 1 spoon splenda and whisk. Divide the strawberries into the 4 bowls and top with whipped cream.

**3** Put for 2 – 3 hours in the fridge and serve. Garnish with shredded dark chocolate and a whole strawberry.





*Meatballs in Tomato Sauce*

# MEATBALLS

in tomato sauce

## YOU WILL NEED

### MEATBALLS:

1 pound beef or pork mince  
1 egg  
1 small onion  
1 teaspoon parsley  
1 teaspoon cumin  
1 teaspoon oregano  
salt and pepper to taste  
almond flour  
olive oil

### SAUCE:

2 cups chicken broth  
1 can crushed tomatoes  
parsley  
1 sweet potato  
1 carrot

**MAKES:** 6 servings

- 1 Combine mince, chopped onion, egg, oregano, cumin, and parsley. Add salt, and pepper. Make 10-12 meatballs. Roll the meatballs in almond flour and fry in a skillet or cast iron pot for 4-5 minutes on each side.
- 2 While the meatballs cook, chop the sweet potato and carrot into small cubes. Cut the parsley.
- 3 When the meatballs are cooked add the chicken broth in the cast iron pot and combine with carrots and sweet potato. Cover and simmer until the carrots are tender.
- 4 Turn off the stove top and add the crushed tomatoes. Stir and leave the cast iron pot on the stove top. If you want to thicken your sauce you can add some almond flour.



# CELERY STICKS

## with yogurt and cream dip

- 1 Combine sour cream, yogurt, and cream cheese and mix well. Season with salt and pepper and a little bit of lemon juice. Add cucumber, rosemary, and dill, and combine well.
- 2 Chill for 1 – 2 hours before serving. Cut celery ribs into 3-inch pieces. Sprinkle yogurt and cream dip with walnuts and serve with celery sticks and baby carrots.
- 3 Store in the fridge for 2 – 3 days.



*Celery Sticks*

### YOU WILL NEED

6 celery ribs  
15 Baby carrots

### DIP

4 tablespoons cream cheese  
5 tablespoons yogurt  
1 tablespoon sour cream  
1 seeded cucumber, cut into cubes  
½ teaspoon rosemary  
1 tablespoon fresh dill  
1 teaspoon lemon juice  
salt and pepper to taste  
1/3 cup walnuts, chopped

**MAKES:** 4 servings





# LENTILS SOUP

## YOU WILL NEED

1 onion, chopped  
1 clove garlic, minced  
1 red bell pepper, cut  
2 carrots, cut  
1 cup lentils  
3 cups water  
fresh oregano and basil  
salt and pepper to taste  
olive oil  
½ cup tomato puree

**MAKES:** 4 servings

**1** Heat olive oil in a saucepan and add onion, garlic, red bell pepper, and carrots. Cook 5 – 7 minutes or until softened.

**2** Add water, lentils, basil, oregano, salt, and pepper. Cook for 15 minutes. Simmer for 20 – 25 minutes and add tomato puree. Serve hot.

**LOW carb foods**

# EGGS SUNNY SIDE UP

mediterranean style

## YOU WILL NEED

2 eggs  
1 tablespoon butter  
2 tablespoons olive oil  
1 red bell pepper, sliced  
1 onion, chopped  
1 small clove garlic, minced  
8 olives  
1 teaspoon oregano  
1 teaspoon basil  
1 cup feta cheese  
1 cup yogurt  
salt and pepper to taste

**MAKES:** 2 servings



- 1 Use a nonstick skillet to heat olive oil and 1 tablespoon butter. Add chopped onion and garlic and sauté for 2 minutes. Add red bell pepper, season with salt and pepper, and cook for 5 more minutes.
- 2 Melt 1 tablespoon butter. Make 2 hollows – one for each egg – and crack the eggs. Once the egg whites begin to turn white, spoon a bit of butter over them. Cook for 5 minutes.
- 3 Sprinkle with basil and oregano and spoon yogurt on top. Serve with feta cheese.

# CUCUMBER and LETTUCE SALAD



*Cucumber and Lettuce Salad*

**1** Combine in a bowl cucumber, lettuce, green onions, and radishes. Season with olive oil, vinegar and salt. Top with eggs and serve.

**PER SERVING:**

417 calories  
13g carbohydrates  
25g protein  
30g fat

**YOU WILL NEED**

1 large lettuce  
1 cucumber, sliced  
10 radishes, sliced  
Green onions  
3 hard-boiled eggs, peeled and quartered lengthwise

**MAKES:** 4 servings

**Low carb foods**



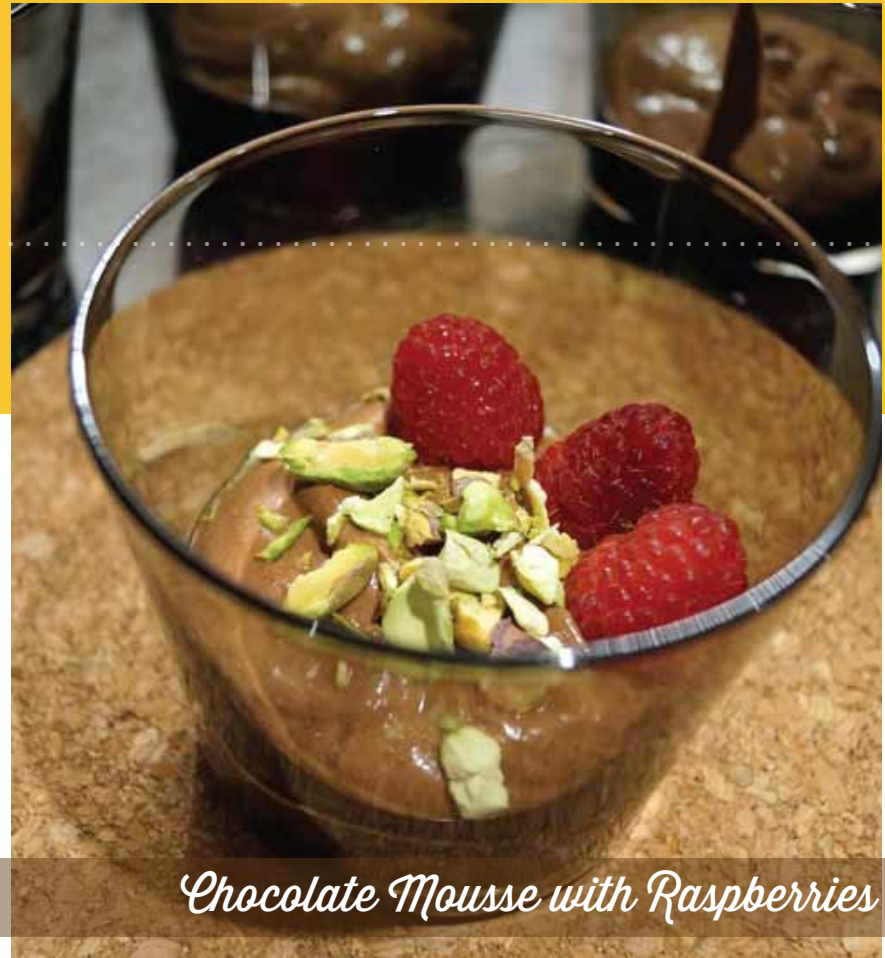
# CHOCOLATE MOUSSE

with raspberries

## YOU WILL NEED

3 ounces bittersweet chocolate  
2 egg whites  
¼ cup chopped toasted hazelnuts  
1/3 cup cream  
1 cup raspberries

**MAKES:** 4 servings



*Chocolate Mousse with Raspberries*

- 1 Combine the chocolate and 2 tablespoons water in a small saucepan and heat until chocolate melts. Pour into a medium bowl and cool.
- 2 Beat the egg whites until forming peaks and fold into the chocolate using a rubber spatula. Mix well. Beat the cream until stiff and gently fold into the chocolate mixture.

- 3 Spoon the mousse into 4 glasses and sprinkle with the hazelnuts and raspberries. Serve immediately or refrigerate until serving.

## PER SERVING:

73 calories  
9g carbohydrates  
7g protein  
4g fat

**Low carb foods**



*Pork Loin with Black Beans*

# PORK LOIN

with black beans

## YOU WILL NEED

- 2 tablespoons vegetable oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 cup black beans (cooked)
- 1 cup chicken broth
- 1/2 cup canned crushed tomatoes
- 1 teaspoon salt
- 1 ½ pounds pork tenderloin
- ground pepper to taste

**MAKES:** 4 servings

## PER SERVING:

- 546 calories
- 18g carbohydrates
- 39g protein
- 35g fat



- 1 In a saucepan, heat 1 tablespoon of the oil over medium low heat and add the onion and garlic. Cook, until soft (about 5 minutes). Add the beans, broth, tomatoes, and salt. Simmer for about 15-20 minutes.
- 2 Rub the meat with remaining oil and salt. Grill or broil it and turn to cook to your taste. Cut the meat into thin slices. Top it with the sauce.

# CHICKEN WRAP

with lettuce and tomato

## YOU WILL NEED

2 ½ cups chicken breast, cooked and cut into cubes  
1 large tomato, diced  
2 lettuce leaves  
1 avocado  
2 slices Swiss cheese  
2 low-carb tortillas  
French dressing  
10 cherry tomatoes, cut in halves  
½ cup feta cheese, crumbled  
2 tablespoons olive oil  
fresh oregano  
fresh basil  
fresh parsley

**MAKES:** 2 servings



*Chicken Wrap with Lettuce and Tomato*

- 1** Combine tomatoes, chicken, and dressing in a medium bowl. Cut avocado into thin slices. Line the tortillas with Swiss cheese, lettuce leaves, and avocado slices.
- 2** Divide the chicken and tomato mixture and fill in the tortillas. Roll up tightly and chill for 3 hours. Cut into slices.
- 3** Place cherry tomatoes and feta in a small salad bowl. Combine olive oil, parsley, basil, and oregano and shake. Pour the mix over the salad. Serve the chicken wraps with the cherry tomato salad.



# WINE PORK

with greens



*Wine Pork with Greens*

- 1 Preheat oven to 375°F. Place the pork, olive oil, salt, pepper and wine in a pan, cover and bake for about an hour.
- 2 Add water in a skillet and bring to a boil. Add the green beans and green peas and cook for 1 ½ minute in boiling water. Drain and put veggies in a dish and add butter, lemon juice and salt. Add the butter while the veggies are still hot so it will melt.
- 3 Serve the pork loins with the veggies on the side.

## YOU WILL NEED

4 pork tenderloin (1/2 inch thick)  
olive oil  
1 cup red wine  
1 can green beans, cut  
1 can peas  
black pepper and salt  
\*You can use frozen veggies

**MAKES:** 4 servings

**Low carb foods**

# MIXED BERRIES

## fruit salad

### YOU WILL NEED

- 1 cup strawberries
- 1 cup raspberries
- 1 cup blueberries
- fresh mint
- 2 tablespoons splenda
- 1 cup sour cream
- 2 tablespoons cream
- 4 spoons orange juice
- 1 teaspoon grated lime peel

**MAKES:** 6 servings



- 1 Combine strawberries, raspberries, and blueberries in a large bowl.
- 2 Use a separate (small) bowl to combine orange juice, splenda and grated lime peel. Pour over the fruits. Place 6 bowls in the fridge.
- 3 Stir in cream and sour cream. Cool in the fridge for 20 minutes.
- 4 Divide fruits into the 6 bowls and spoon the cream on top. Garnish with fresh mint and serve.



*Dill and Wine Salmon*

# SALMON FILLETS

with dill and wine

## YOU WILL NEED

2 salmon fillets  
4 springs fresh dill  
2 slices of lemon  
2 tbs white wine  
aluminum foil

## PER SERVING:

162 calories  
1g carbohydrates  
17g protein  
9g fat

**MAKES:** 2 servings

**1** Preheat the oven to 375°F. Place salmon fillets in the center of the foil sheet and turn up the edges of the foil.

**2** Top the salmon with lemon slices, dill, salt and pepper; sprinkle with wine. Cover the salmon with the second foil sheet and bake for 25 minutes.





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