

BREAKFAST OPTIONS

1



SCRAMBLED EGGS & SPINACH

Scrambled eggs with spinach and butter, smoked salmon, cherry tomatoes. If you don't like salmon, add avocado or sliced cheese for extra fats and protein.

2



EGGS, BACON & MUSHROOMS

Fried eggs with bacon and mushrooms, plus a side of sauerkraut. Swap bacon for halloumi cheese, extra mushrooms or avocado.

3



TUNA OMELETTE

Tuna omelette from The Worktop. You can make some grated cheese instead of or as well as tuna, swap the fish with mushrooms or shredded chicken.

4



YOGHURT, BERRIES & NUTS

Full-fat, unsweetened yoghurt or coconut yoghurt with almonds, walnuts, coconut flakes and blueberries. If adding any sweet syrups, use a sugar-free alternative like a monk fruit syrup or Surkin 'golden syrup'.

5



LOW-CARB SMOOTHIE

Low-carb, high-protein smoothies like the blueberry, one from here or peanut butter chocolate one from here.

LUNCH OPTIONS

1



CREAMY SALMON/TUNA SALAD

Canned salmon (or tuna) salad with curry-spiced mayo dressing - you can make a double batch of this salad to have over two days. [Get the recipe here.](#)

2



CHICKEN WALNUT SALAD WRAPS

You can make this chicken salad ahead of time and have it with lettuce 'wraps', on a bed of baby spinach leaves or by itself. For a vegetarian version, try making this salad with shredded firm tofu and extra egg/walnuts. [Get the recipe here.](#)

3



EGG ROLL IN A BOWL

Egg roll in a bowl with ground beef & slaw veggies from Sweet Peas & Saffron. You can use ground beef, pork or chicken. For a vegetarian version, you could use plant-based mince or grated/diced tofu. [Get the recipe here.](#)

4



GREEK CHICKEN & VEGGIE BOWLS

Greek chicken & roast veggie bowls from Wholesome Yum are great for meal prep. For a vegetarian version, grilled halloumi and a few chickpeas could work well or some grilled plant-based sausages. [Get the recipe here.](#)

5



CREAMY KALE CAESAR W WALNUTS

Creamy kale Caesar salad with walnuts from Pure Wow - you can keep it vegetarian or add extra protein of choice. This would also work with Swiss chard or collard greens. [Get the recipe here.](#)

DINNER OPTIONS

1



2



GRILLED CHICKEN PICCATA

Grilled chicken piccata + steamed broccoli, green beans and carrots with olive oil and sea salt. [Get the recipe here.](#)

3



FISH WITH BRUSSELS SPROUTS

Baked fish with Brussels sprouts & cherry tomatoes - this is a great meal that can be made in the oven using one sheet pan or baking tray. You can use any white fish or salmon. [Get the recipe here.](#)

4



SHEET PAN JAMBALAYA

Sheet pan Jambalaya with cauliflower rice from Pinch Of Yum - this can be made with plant-based sausages and feta for a vegetarian version. [Get the recipe here.](#)

5



6



GINGER PORK & CAULI RICE

Low-carb spinach mushroom quiche from Low-Carb Maven + green salad. [Get the recipe here.](#)

Ginger pork & green pepper stir-Fry from I Heart Umami can be served with my [Cauliflower Fried Rice](#) or some baked sweet potato noodles. [Get the recipe here.](#)

SNACKS & TREATS

These are some ideas for snacks you can have if you feel the need to. Ideally, you should have enough during your main meals to feel satiated and not need a snack. However, sometimes you have those extra active days or you have a smaller breakfast or lunch than usual and that's when a snack or two will come in handy.

- STRAWBERRIES & WHIPPED CREAM (OR COCONUT CREAM)
- 2 SQUARES OF DARK CHOCOLATE
- LOW-CARB HOT CHOCOLATE (CREAM, CACAO + SUGAR-FREE SWEETENER)
- MISO SOUP WITH SEAWEED & TOFU BITS
- CELERY STICKS & HUMMUS OR GUACAMOLE
- APPLE SLICES WITH PEANUT OR ALMOND BUTTER
- OLIVES
- BEEF JERKY
- A HANDFUL OF NUTS
- A PIECE OF FRUIT: KIWIFRUIT, BERRIES, ROCKMELON, PAPAYA
- A SMALL LOW-CARB SMOOTHIE
- A CUP OF VEGETABLE SOUP OR BONE BROTH
- RADISHES WITH CREAM CHEESE AND CHIVES
- CUCUMBER & CHEESE SLICES
- EDAMAME BEANS WITH SEA SALT & SESAME OIL



W E E K L Y

MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACK
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MEAL PLAN

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LOW-CARB MEAL IDEAS

B R E A K Y

- Bacon, eggs, berries
- Egg muffins
- Low-carb smoothie
- Zucchini fritters
- Scrambled eggs
- Low-carb quiche
- Mushroom sausage & broccoli hash
- Low-carb cream cheese pancakes & berries

L U N C H

- Tuna avocado salad
- Halloumi & veg bowl
- Naked burrito bowl
- Asian chicken salad
- Low-carb poke bowl
- Meatballs & veggies
- Frittata & salad
- Roast vegetable & chorizo salad
- Greek salad with protein of choice

D I N N E R

- Fish & sweet potato chips with veggies
- Bun-less burgers
- Soy garlic chicken & cauliflower rice
- Steak with mushroom sauce & green veggies
- Pulled pork bowls
- Beef & veggie stew
- Salmon & veggie sheet pan baked dinner

SWITCH THIS

- Toast with jam
- Cereal or sweet granola with sweetened yoghurt
- Spaghetti Bolognese
- Mashed potatoes
- Lunch sandwich
- Fried rice
- Ice cream
- Milk chocolate
- Peanut butter toast

TO THIS

- Scrambled eggs
- Nuts & seeds with plain yoghurt and berries
- Zucchini Noodles Bolognese
- Cauliflower mash
- Lunch salad bowl
- Cauliflower fried rice
- Low-Carb Ice Cream
- Dark Chocolate
- Peanut butter with apple

RESOURCES



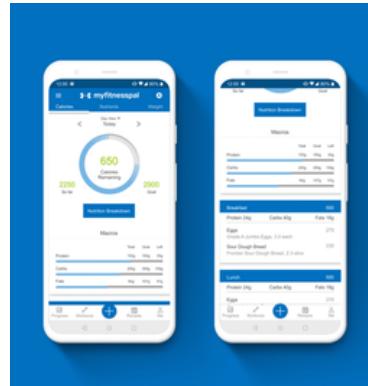
MORE RECIPES

Most of the recipes on my blog are suitable for the low-carb challenge. There are many dairy-free, paleo-friendly options too. Click on the link above to browse.



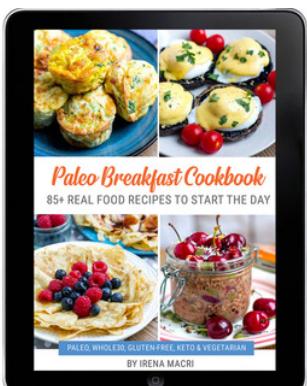
USEFUL TOOLS

I have a blog post in which I share my absolute must-have kitchen gadgets for healthy eating. Veggie spiralizer and a food processor are great!



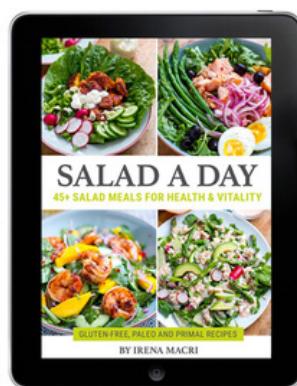
MYFITNESSPAL

This is a tool I use to track my meals and foods to calculate carbohydrate intake. You can download an app on your phone or use the website for free.



BREAKFAST EBOOK

My Paleo Breakfast Cookbook has over 85 recipes, many of which are suitable to a low-carb challenge. If you get sick of eggs and bacon, check it out!



SALAD A DAY EBOOK

While a salad a day may sound boring to some, it is an easy way to lower your carb intake. The key is making them satiating and balanced - more like a meal than a side.



8-WEEK PALEO RESET & REINTRODUCTIONS



PALEO PLANS

My free Paleo Reset is a collection of 8 weekly meal plans with recipes and shopping lists. You can sign up to download any of the material, which could be useful during this challenge.

DISCLAIMER

For educational and informational purposes only.

While I draw on my prior professional expertise and background in many areas, please acknowledge that I am supporting you in my role exclusively as a challenge coach.

Before starting any new diet and exercise program please check with your doctor and clear any exercise and/or diet changes with them before beginning. I am a qualified nutrition advisor and coach but I am NOT a doctor or registered dietitian. I do not claim to help cure any condition or disease. I do not provide medical aid or nutrition advice for the purpose of specific health conditions or disease.

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