

# High-Protein, Low-Carb Meal Plan: 7-Day Guide for Healthy Weight Management

Discover the ultimate 7-day high-protein, low-carb meal plan designed for effective weight management and improved energy levels. This comprehensive guide offers a perfect balance of nutrient-dense meals that are both delicious and easy to prepare.

## Features:

- Protein-packed breakfasts to kickstart your metabolism
- Satisfying lunches that keep you full and focused
- Nutrient-rich dinners for optimal recovery
- Healthy snacks to curb cravings

Each day provides approximately 120-135g of quality protein and only 18-26g of net carbs, supporting muscle maintenance and fat loss. With a variety of foods including lean meats, fish, eggs, and low-carb vegetables, this plan ensures you never get bored while staying on track with your health goals.

Perfect for those following a ketogenic diet, looking to manage blood sugar levels, or simply aiming to reduce their carb intake, this meal plan comes complete with a convenient grocery list and pantry essentials. Say goodbye to meal planning stress and hello to a healthier you!

Please note that the exact nutritional values may vary slightly depending on specific brands and portion sizes. Our goal is to aim for approximately 30% of calories from protein and less than 50g of net carbs per day.

## Day 1:

Breakfast: Spinach and feta omelet (3 eggs)  
Lunch: Grilled chicken salad with mixed greens and avocado  
Dinner: Baked salmon with roasted broccoli  
Snack: Greek yogurt with a handful of almonds  
Total: Approx. 120g protein, 20g net carbs, 1500 calories

## Day 2:

Breakfast: Protein shake with almond milk and 1 scoop whey protein  
Lunch: Tuna salad lettuce wraps  
Dinner: Beef stir-fry with bell peppers and zucchini  
Snack: Hard-boiled eggs  
Total: Approx. 125g protein, 25g net carbs, 1550 calories

## Day 3:

Breakfast: Turkey and cheese roll-ups

Lunch: Grilled chicken breast with cauliflower rice

Dinner: Baked cod with asparagus

Snack: Celery sticks with almond butter

Total: Approx. 130g protein, 22g net carbs, 1500 calories

## Day 4:

Breakfast: Scrambled eggs with spinach and cheese

Lunch: Caesar salad with grilled shrimp

Dinner: Pork chops with sautéed green beans

Snack: String cheese and cucumber slices

Total: Approx. 125g protein, 18g net carbs, 1600 calories

## Day 5:

Breakfast: Smoked salmon with cream cheese on cucumber slices

Lunch: Chicken and avocado lettuce wraps

Dinner: Beef burger (no bun) with side salad

Snack: Protein shake

Total: Approx. 135g protein, 23g net carbs, 1550 calories

## Day 6:

Breakfast: Greek yogurt with chia seeds and a few berries

Lunch: Egg salad in bell pepper boats

Dinner: Grilled steak with roasted Brussels sprouts

Snack: Pepperoni slices and cheese cubes

Total: Approx. 120g protein, 26g net carbs, 1600 calories

## Day 7:

Breakfast: Bacon and cheese frittata

Lunch: Cobb salad (no croutons)

Dinner: Baked chicken thighs with roasted cauliflower

Snack: Beef jerky

Total: Approx. 130g protein, 21g net carbs, 1550 calories

## Grocery List:

### Produce:

- Spinach
- Mixed greens
- Avocados
- Broccoli
- Bell peppers
- Zucchini
- Lettuce
- Cauliflower
- Asparagus
- Celery
- Cucumber
- Green beans
- Brussels sprouts
- Berries (small amount)

### Protein:

- Eggs
- Chicken breasts
- Salmon
- Tuna
- Beef (for stir-fry and burgers)
- Cod
- Shrimp
- Pork chops
- Smoked salmon
- Steak
- Bacon
- Beef jerky

### Dairy:

- Feta cheese
- Greek yogurt
- Whey protein powder
- Cheese slices/cubes
- Cream cheese

## Other:

- Almonds
- Almond milk
- Almond butter
- Chia seeds

## Pantry Items:

- Olive oil
- Coconut oil
- Apple cider vinegar
- Dijon mustard
- Mayonnaise
- Salt
- Pepper
- Garlic powder
- Onion powder
- Dried herbs (basil, oregano, thyme)
- Soy sauce or coconut aminos

Remember to adjust portion sizes based on your specific caloric needs and consult with a healthcare professional or registered dietitian before starting any new diet plan.

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