

The 21 Day Meal Plan

	Breakfast	Snack	Lunch	Snack	Dinner
Day 1 Low Carb	Scrambled eggs & red pepper	1/2 cup low fat yoghurt with 4 / 5 strawberries	Grilled chicken & Asparagus	Oatmeal & almonds	3 oz steak with Broccoli & cauliflower
Day 2 Low Carb	2 boiled eggs and a grapefruit	Carrot & Humus	Coconut pancakes	Cottage cheese & frozen berries	Macaroni cheese
Day 3 High Carb	1/2 cup oatmeal with walnuts and berries	Fish, sweet potato & green vegetables	Turkey sandwich	Quinoa and three bean salad	Grilled chicken, pasta and pesto
Day 4 Low Carb	Scrambled eggs &	Peanut Butter Celery	Chicken fajitas	Turkey & cheese roll-ups	Corn Beef & Cabbage
Day 5 Low Carb	Low carb pancakes with strawberries	Dipped Mushrooms	Caprese Salad	Carrot & humus	Chicken breast in a creamy almond sauce
Day 6 Low Carb	Vegetable omelet	Greek yoghurt	Polenta & mushroom tart	Deviled eggs	Baked Pecan Chicken
Day 7 High Carb	Cereal & milk	Eggplant & shrimp sandwich	Turkey, sweet potato & green vegetables	2 Bananas	Black bean burgers
Day 8 Low Carb	Cheese, vegetable & egg muffins	Vegetable chard wraps	Egg salad	Butternut squash soup	Low Carb Pizza
Day 9 Low Carb	Fried eggs and vegetables	Brussels sprout crisps	Italian Chicken	Cottage cheese & frozen berries	Beef Stroganoff
Day 10 High Carb	Scrambled egg and chili's	Low fat yoghurt	Chicken, pinto beans & flax seeds	Oatmeal & berries	Pasta a la marinara
Day 11	Artichoke,	Turkey &	Caprese	Carrot &	Pork chops

Low Carb	spinach & herb frittata	Cheese Roll ups	salad	humus	& marsala sauce
Day 12 Low Carb	Vegetable omelet	Peanut Butter celery	Kale & spinach soup	Poached eggs with asparagus	Garlic Chicken
Day 13 Low Carb	Low fat yoghurt and banana	Avocado & Shrimp	Salmon & Broccoli	Dipped mushroom s	Chicken with tomatoes, spinach olives and capers
Day 14 High Carb	Oatmeal & banana	Lentil Soup	Tuna, green beans & 1 cup flax	Figs	Shrimp ' n' rice
Day 15 Low Carb	Chickpea pancake with tomato & asparagus	Turkey & cheese roll ups	Polenta & mushroom tart	Carrot & humus	Fish, brown rice, black beans & pineapple
Day 16 Low Carb	Orange & pecan muffins	Vegetable chard wraps	Tuna salad	Bacon & Jalapeno egg sandwich (use low fat muffins)	Chicken breast in creamy almond sauce
Day 17 High Carb	Oatmeal & raisins	Grilled cod & citrus salad	Chicken breast sweet potato & green vegetables	Cheese, crackers & almonds	Pork Fajitas
Day 18 Low Carb	Acai berry bowl topped with nuts	1/2 cup oatmeal & almonds	Grilled Tuna, Asparagus & avocado	Greek yoghurt with cranberries & nuts	Spiced chicken & asparagus
Day 19 Low Carb	Poppy seed breakfast cookies	1/2 cup low fat yoghurt with blueberries	Vegetable soup	Celery & blue cheese	Turkey burgers stuffed with mozzarella
Day 20 Low Carb	Coconut pancakes	Carrot & humus	Egg salad	Peanut butter celery	Steak in sherry sauce with mushroom s
Day 21 High	Egg whites & Oatmeal	Tuna Sandwich with Flax	Chicken breast, brown rice	Low fat yoghurt and	Fish, sweet potato & green

Carb		seed oil	& broccoli	walnuts	vegetables
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