## 1,200-Calorie, Low-Carb Diet Meal Plan

### Breakfast

#### Breakfast One - Veggie Scrambled Eggs

<table>
<thead>
<tr>
<th>Food</th>
<th>Preparation Method</th>
<th>Serving Size</th>
<th>Calories</th>
<th>Carbohydrates</th>
</tr>
</thead>
<tbody>
<tr>
<td>One whole egg, one egg white</td>
<td>Scrambled in non-stick pan</td>
<td>Large eggs</td>
<td>94</td>
<td>.8</td>
</tr>
<tr>
<td>Chopped red pepper</td>
<td>Sauteed in cooking spray</td>
<td>1/2 cup</td>
<td>23</td>
<td>4.5</td>
</tr>
<tr>
<td>Chopped mushrooms</td>
<td>Sauteed in cooking spray</td>
<td>1 cup, raw</td>
<td>15</td>
<td>2</td>
</tr>
<tr>
<td>Grated Swiss cheese</td>
<td>Grated</td>
<td>1 ounce</td>
<td>108</td>
<td>1.5</td>
</tr>
</tbody>
</table>

**Total** 240 calories 8.8 grams

**Instructions**
Spray a non-stick pan with a small amount of vegetable non-stick spray. Sautee red pepper and mushrooms. When vegetables are soft, add eggs and scramble, cooking until done. Top with cheddar cheese.

#### Breakfast Two - Open Face Canadian Bacon Sandwich

<table>
<thead>
<tr>
<th>Food</th>
<th>Preparation Method</th>
<th>Serving Size</th>
<th>Calories</th>
<th>Carbohydrates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ezekiel 4:9 bread</td>
<td>Toasted</td>
<td>1 slice</td>
<td>80</td>
<td>14 grams</td>
</tr>
<tr>
<td>Canadian bacon</td>
<td>Pre-cooked</td>
<td>4 ounces</td>
<td>55</td>
<td>1 gram</td>
</tr>
<tr>
<td>Avocado</td>
<td>Smashed</td>
<td>1/4 small</td>
<td>72</td>
<td>3.5 grams</td>
</tr>
<tr>
<td>Tomato</td>
<td>Sliced</td>
<td>3 1/4 &quot; thick slices</td>
<td>12</td>
<td>2.4 grams</td>
</tr>
<tr>
<td>Cheddar cheese</td>
<td>Grated</td>
<td>1 ounce</td>
<td>108</td>
<td>1.5 grams</td>
</tr>
</tbody>
</table>

**Totals** 327 calories 22.4 grams

**Instructions**
Toast bread. Smash avocado and spread on bread. Layer with Canadian bacon and tomato. Top with cheddar and broil until cheese melts.

#### Breakfast Three - Hard boiled Egg and Blueberries

<table>
<thead>
<tr>
<th>Food</th>
<th>Preparation Method</th>
<th>Serving Size</th>
<th>Calories</th>
<th>Carbohydrates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs</td>
<td>Hard boiled</td>
<td>2</td>
<td>156</td>
<td>1.2 grams</td>
</tr>
<tr>
<td>Blueberries</td>
<td>Raw</td>
<td>1/2 cup</td>
<td>40</td>
<td>10 grams</td>
</tr>
<tr>
<td>Walnuts</td>
<td>Halved</td>
<td>1/2 cup halves</td>
<td>90</td>
<td>2 grams</td>
</tr>
</tbody>
</table>

Ketosidedishes.com
### Breakfast Four - Berry Chia Smoothie

<table>
<thead>
<tr>
<th>Food</th>
<th>Preparation Method</th>
<th>Serving Size</th>
<th>Calories</th>
<th>Carbohydrates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Light coconut milk</td>
<td>Blended</td>
<td>1 cup</td>
<td>136</td>
<td>9 grams</td>
</tr>
<tr>
<td>Frozen Blackberries</td>
<td>Blended</td>
<td>1/2 cup</td>
<td>31</td>
<td>6.5 grams</td>
</tr>
<tr>
<td>Chia seeds</td>
<td>Soaked</td>
<td>2 tablespoons</td>
<td>107</td>
<td>9.3 grams</td>
</tr>
<tr>
<td>Stevia</td>
<td>Blended</td>
<td>To taste</td>
<td>0</td>
<td>0 grams</td>
</tr>
</tbody>
</table>

**Total**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Carbohydrates</th>
</tr>
</thead>
<tbody>
<tr>
<td>274</td>
<td>24.8 grams</td>
</tr>
</tbody>
</table>

**Instructions:**
Put chia seeds in coconut milk and allow to soak for 10 minutes. Pour mixture in blender. Add a small amount of Stevia to taste and frozen blackberries. Blend until smooth.

---

### Breakfast Five - Breakfast Burrito

<table>
<thead>
<tr>
<th>Food</th>
<th>Preparation Method</th>
<th>Serving Size</th>
<th>Calories</th>
<th>Carbohydrates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low-carb tortilla</td>
<td>As-is from package</td>
<td>1 tortilla</td>
<td>140</td>
<td>13</td>
</tr>
<tr>
<td>Egg whites</td>
<td>Scrambled</td>
<td>3 egg whites</td>
<td>48</td>
<td>.6</td>
</tr>
<tr>
<td>Turkey sausage</td>
<td>Cooked and crumbled</td>
<td>1 patty</td>
<td>60</td>
<td>.5</td>
</tr>
<tr>
<td>Salsa</td>
<td>As instructed below</td>
<td>1/4 cup</td>
<td>17</td>
<td>4</td>
</tr>
</tbody>
</table>

**Totals**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Carbohydrates</th>
</tr>
</thead>
<tbody>
<tr>
<td>265</td>
<td>18.1 grams</td>
</tr>
</tbody>
</table>

**Instructions:**
Scramble eggs in a non-stick cooking pan. Cook sausage and crumble. Mix with cooked eggs. Toss with salsa, and wrap in a low-carbohydrate tortilla.

---

### Lunch

**Lunch One - Tuna Melt**

<table>
<thead>
<tr>
<th>Food</th>
<th>Preparation Method</th>
<th>Serving Size</th>
<th>Calories</th>
<th>Carbohydrates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water packed canned tuna</td>
<td>Mixed with chopped veggies, yogurt, and mustard</td>
<td>3 ounces</td>
<td>99</td>
<td>0 grams</td>
</tr>
<tr>
<td>Celery</td>
<td>Chopped</td>
<td>1 stalk</td>
<td>6</td>
<td>1 gram</td>
</tr>
<tr>
<td>Scallions</td>
<td>Chopped</td>
<td>2 scallions</td>
<td>5</td>
<td>1 gram</td>
</tr>
<tr>
<td>Food</td>
<td>Preparation Method</td>
<td>Serving Size</td>
<td>Calories</td>
<td>Carbohydrates</td>
</tr>
<tr>
<td>-------------------</td>
<td>----------------------</td>
<td>--------------</td>
<td>----------</td>
<td>---------------</td>
</tr>
<tr>
<td>Nonfat plain yogurt</td>
<td>As instructed</td>
<td>2 tablespoons</td>
<td>13</td>
<td>2 grams</td>
</tr>
<tr>
<td>Dijon mustard</td>
<td>As instructed</td>
<td>1 teaspoon</td>
<td>5</td>
<td>0 grams</td>
</tr>
<tr>
<td>Ezekiel 4:9 bread</td>
<td>Toasted</td>
<td>1 slice</td>
<td>80</td>
<td>14 grams</td>
</tr>
<tr>
<td>Swiss cheese</td>
<td>Grated</td>
<td>1 ounce</td>
<td>108</td>
<td>1.5 grams</td>
</tr>
<tr>
<td><strong>Totals</strong></td>
<td></td>
<td></td>
<td><strong>316 calories</strong></td>
<td><strong>19.5 grams</strong></td>
</tr>
</tbody>
</table>

**Instructions**

---

**Lunch Two - Kale and Turkey Club Wrap**

<table>
<thead>
<tr>
<th>Food</th>
<th>Preparation Method</th>
<th>Serving Size</th>
<th>Calories</th>
<th>Carbohydrates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kale</td>
<td>Raw, whole leaves</td>
<td>3 large leaves, layered</td>
<td>10</td>
<td>3 grams</td>
</tr>
<tr>
<td>Deli turkey</td>
<td>Sliced</td>
<td>3 ounces</td>
<td>108</td>
<td>7 grams</td>
</tr>
<tr>
<td>Neufchatel cheese</td>
<td>As instructed</td>
<td>1 ounce</td>
<td>74</td>
<td>.8 grams</td>
</tr>
<tr>
<td>Turkey bacon</td>
<td>Crumbled</td>
<td>1 slice</td>
<td>35</td>
<td>.2 grams</td>
</tr>
<tr>
<td>Tomato</td>
<td>Chopped</td>
<td>1/2 tomato</td>
<td>11</td>
<td>2.4 grams</td>
</tr>
<tr>
<td>Spicy sprouts</td>
<td>Raw</td>
<td>2 ounces</td>
<td>15</td>
<td>1 grams</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td></td>
<td><strong>253 calories</strong></td>
<td><strong>14.4 grams</strong></td>
</tr>
</tbody>
</table>

**Instructions**
Layer three kale leaves. Spread with Neufchatel cheese. Top with turkey, turkey bacon, and sprouts. Roll kale around filling ingredients.

---

**Lunch Three - Spicy Egg Salad**

<table>
<thead>
<tr>
<th>Food</th>
<th>Preparation Method</th>
<th>Serving Size</th>
<th>Calories</th>
<th>Carbohydrates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs</td>
<td>Hard boiled, chopped</td>
<td>2 whole</td>
<td>156</td>
<td>1.2 grams</td>
</tr>
<tr>
<td>Fat-free plain yogurt</td>
<td>As instructed</td>
<td>2 tablespoons</td>
<td>13</td>
<td>2 grams</td>
</tr>
<tr>
<td>Sriracha</td>
<td>As instructed</td>
<td>1/2 teaspoon</td>
<td>13</td>
<td>.1 grams</td>
</tr>
<tr>
<td>Red pepper</td>
<td>Chopped</td>
<td>1/2 cup</td>
<td>23</td>
<td>4.5 grams</td>
</tr>
<tr>
<td>Scallions</td>
<td>Chopped</td>
<td>2 scallions</td>
<td>5</td>
<td>1 gram</td>
</tr>
<tr>
<td>Ezekiel 4:9 bread</td>
<td>Toasted, cut in half</td>
<td>1 slice</td>
<td>80</td>
<td>14 grams</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td></td>
<td><strong>290 calories</strong></td>
<td><strong>22.8 grams</strong></td>
</tr>
</tbody>
</table>

**Instructions**
Toast bread and cut in half. In a small bowl, whisk together sriracha and yogurt. Combine eggs, red peppers, and scallions. Toss with yogurt and sriracha. Serve as a half sandwich on
### Lunch Four - Chef's Salad

<table>
<thead>
<tr>
<th>Food</th>
<th>Preparation Method</th>
<th>Serving Size</th>
<th>Calories</th>
<th>Carbohydrates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Romaine Lettuce</td>
<td>Chopped</td>
<td>2 cups</td>
<td>15</td>
<td>3 grams</td>
</tr>
<tr>
<td>Baby spinach</td>
<td>Raw</td>
<td>2 cups</td>
<td>26</td>
<td>2 grams</td>
</tr>
<tr>
<td>Boneless, skinless chicken breast</td>
<td>Roasted, cubed</td>
<td>3 ounces</td>
<td>108</td>
<td>0 grams</td>
</tr>
<tr>
<td>Turkey bacon</td>
<td>Cooked and crumbled</td>
<td>2 slices</td>
<td>70</td>
<td>.4 grams</td>
</tr>
<tr>
<td><strong>Dressing</strong></td>
<td>2 tablespoons of balsamic vinegar whisked with 1/2 tablespoon of extra virgin olive oil, 1 clove of minced garlic, and a dash of red pepper flakes</td>
<td></td>
<td>84</td>
<td>3 grams</td>
</tr>
</tbody>
</table>

**Total**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Carbohydrates</th>
</tr>
</thead>
<tbody>
<tr>
<td>303 calories</td>
<td>8.4 grams</td>
<td></td>
</tr>
</tbody>
</table>

**Instructions**

In a small bowl, whisk vinegar, olive oil, garlic, and red pepper. Set aside. In a large bowl, combine lettuce, spinach, chicken, and bacon. Toss with dressing.

### Lunch Five - Mexican Chopped Salad

<table>
<thead>
<tr>
<th>Food</th>
<th>Preparation Method</th>
<th>Serving Size</th>
<th>Calories</th>
<th>Carbohydrates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boneless, skinless roasted chicken</td>
<td>Cubed</td>
<td>3 ounces</td>
<td>108</td>
<td>0</td>
</tr>
<tr>
<td>Cheddar cheese</td>
<td>Grated</td>
<td>1 ounce</td>
<td>108</td>
<td>1.5</td>
</tr>
<tr>
<td>Scallions</td>
<td>Chopped</td>
<td>2 whole</td>
<td>5</td>
<td>1 gram</td>
</tr>
<tr>
<td>Green bell pepper</td>
<td>Chopped</td>
<td>1/2 cup</td>
<td>15</td>
<td>3.5</td>
</tr>
<tr>
<td>Avocado</td>
<td>Cubed</td>
<td>1/4 medium</td>
<td>72</td>
<td>3.5</td>
</tr>
<tr>
<td>Salsa</td>
<td>As instructed</td>
<td>1/4 cup</td>
<td>13</td>
<td>4</td>
</tr>
<tr>
<td>Iceberg lettuce</td>
<td>Chopped</td>
<td>2 cups</td>
<td>20</td>
<td>3</td>
</tr>
<tr>
<td>Tomato</td>
<td>Chopped</td>
<td>1/2 small tomato</td>
<td>11</td>
<td>2.4</td>
</tr>
<tr>
<td>Nonfat yogurt, plain</td>
<td>As instructed</td>
<td>2 tablespoons</td>
<td>13</td>
<td>2</td>
</tr>
</tbody>
</table>

**Total**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Carbohydrates</th>
</tr>
</thead>
<tbody>
<tr>
<td>257 calories</td>
<td>20.9</td>
<td></td>
</tr>
</tbody>
</table>

**Instructions**

Chop or grate all ingredients into small pieces. Combine yogurt and salsa in a small bowl. Toss with chopped ingredients.
## Dinner

### Dinner One - Pork Tenderloin and Apple Slaw

<table>
<thead>
<tr>
<th>Food</th>
<th>Preparation Method</th>
<th>Serving Size</th>
<th>Calories</th>
<th>Carbohydrates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pork tenderloin</td>
<td>Brined (recipe follows), rinsed, and grilled or roasted</td>
<td>4 ounces</td>
<td>163</td>
<td>0 grams</td>
</tr>
<tr>
<td>Brine</td>
<td>2 cups apple cider vinegar, 1 cup salt, 1 tablespoon whole black peppercorns, 1 tablespoon mustard powder, 1/4 cup natural maple syrup</td>
<td>n/a</td>
<td>50</td>
<td>3 grams</td>
</tr>
<tr>
<td>Braeburn apple</td>
<td>Peeled and julienned</td>
<td>1 medium</td>
<td>53</td>
<td>14 grams</td>
</tr>
<tr>
<td>Non-fat yogurt</td>
<td>As instructed</td>
<td>2 tablespoons</td>
<td>13</td>
<td>2 grams</td>
</tr>
<tr>
<td>Gingerroot</td>
<td>Grated</td>
<td>1 tablespoon</td>
<td>8</td>
<td>1 gram</td>
</tr>
<tr>
<td>Green cabbage</td>
<td>Julienned and mixed with apple and ginger</td>
<td>1 cup</td>
<td>22</td>
<td>5 grams</td>
</tr>
<tr>
<td><strong>Totals</strong></td>
<td></td>
<td></td>
<td>309 calories</td>
<td>25 grams</td>
</tr>
<tr>
<td><strong>Instructions</strong></td>
<td>Soak tenderloin in brine for two hours. Remove from brine. Rinse and pat dry with paper towels. Grill tenderloin slices until done. While tenderloin cooks, peel and julienne apple. Mix with grated ginger, non-fat yogurt, and cabbage.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Dinner Two - Salmon and Artichokes

<table>
<thead>
<tr>
<th>Food</th>
<th>Preparation Method</th>
<th>Serving Size</th>
<th>Calories</th>
<th>Carbohydrates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salmon filet (wild)</td>
<td>Grilled or steamed</td>
<td>6 ounces</td>
<td>254</td>
<td>0 grams</td>
</tr>
<tr>
<td>Artichoke</td>
<td>Steamed</td>
<td>1 whole</td>
<td>64</td>
<td>14 grams</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td></td>
<td>318 calories</td>
<td>14 grams</td>
</tr>
<tr>
<td><strong>Instructions</strong></td>
<td>Season salmon with salt and pepper and steam or grill. Trim stem off artichoke and place in a pan of boiling water. Cover and cook until leaves come away from artichoke easily, about one hour.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Dinner Three - Chicken and Mashed Cauliflower with Asparagus

<table>
<thead>
<tr>
<th>Food</th>
<th>Preparation Method</th>
<th>Serving Size</th>
<th>Calories</th>
<th>Carbohydrates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boneless, skinless chicken breast</td>
<td>Grilled</td>
<td>3 ounces</td>
<td>140</td>
<td>0 grams</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Steamed and mashed</td>
<td>1 cup</td>
<td>28</td>
<td>5 grams</td>
</tr>
<tr>
<td>Nonfat yogurt, plain</td>
<td>As instructed</td>
<td>1/4 cup</td>
<td>30</td>
<td>4.1 grams</td>
</tr>
</tbody>
</table>
### Dinner Four - Bacon Burger, Protein Style

<table>
<thead>
<tr>
<th>Food</th>
<th>Preparation Method</th>
<th>Serving Size</th>
<th>Calories</th>
<th>Carbohydrates</th>
</tr>
</thead>
<tbody>
<tr>
<td>95 percent lean hamburger patty</td>
<td>Grilled</td>
<td>3 ounces</td>
<td>145</td>
<td>0 grams</td>
</tr>
<tr>
<td>Turkey bacon</td>
<td>Cooked</td>
<td>2 slices</td>
<td>70</td>
<td>.4 grams</td>
</tr>
<tr>
<td>Head lettuce</td>
<td>Halve, core, and peel away 10 layers of outer leaves from each half</td>
<td>1 head</td>
<td>20</td>
<td>4 grams</td>
</tr>
<tr>
<td>Dill pickle</td>
<td>Cut into spears</td>
<td>1 pickle</td>
<td>5</td>
<td>1 gram</td>
</tr>
<tr>
<td>Dijon mustard</td>
<td>As instructed</td>
<td>1 teaspoon</td>
<td>5</td>
<td>0 grams</td>
</tr>
<tr>
<td>Swiss cheese</td>
<td>Grated</td>
<td>1/2 ounce</td>
<td>44</td>
<td>.75 grams</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td></td>
<td><strong>289 calories</strong></td>
<td><strong>6.15 grams</strong></td>
</tr>
</tbody>
</table>

**Instructions**: Grill burger and melt cheese on top of it. Cook bacon. On one "slice" of head lettuce, arrange burger, bacon, pickle, and mustard. Top with the other slice of lettuce.

### Dinner Five - Warm Spinach Salad with Shrimp

<table>
<thead>
<tr>
<th>Food</th>
<th>Preparation Method</th>
<th>Serving Size</th>
<th>Calories</th>
<th>Carbohydrates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shrimp</td>
<td>Grilled</td>
<td>3 ounces</td>
<td>101</td>
<td>.5 grams</td>
</tr>
<tr>
<td>Olive oil</td>
<td>As instructed</td>
<td>1 teaspoon</td>
<td>30</td>
<td>0 grams</td>
</tr>
<tr>
<td>Turkey bacon</td>
<td>Sliced and cooked</td>
<td>2 slices</td>
<td>70</td>
<td>.4 grams</td>
</tr>
<tr>
<td>Red wine vinegar</td>
<td>As instructed</td>
<td>1/2 cup</td>
<td>24</td>
<td>.3 grams</td>
</tr>
<tr>
<td>Shallot</td>
<td>Minced</td>
<td>1 tablespoon</td>
<td>7</td>
<td>1.7 grams</td>
</tr>
<tr>
<td>Baby spinach</td>
<td>Raw</td>
<td>4 cups</td>
<td>52</td>
<td>4 grams</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td></td>
<td><strong>284 calories</strong></td>
<td><strong>6.9 grams</strong></td>
</tr>
</tbody>
</table>

**Instructions**: Grill shrimp and set aside. Place spinach in a large, heatproof bowl. Meanwhile, heat oil and cook turkey bacon until crisp. Remove bacon with a slotted spoon and place in bowl with spinach. Add red wine vinegar and shallots to hot pan. Simmer until vinegar reduces by half. Pour over spinach and bacon and toss. Top with cooked shrimp.
Snacks

Each of the snacks listed below are about 100 calories and less than 10 grams of carbs each. Choose any three of the following snacks throughout the day.

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving Size</th>
<th>Calories</th>
<th>Carbohydrates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almonds</td>
<td>14 almonds</td>
<td>98</td>
<td>3.5 grams</td>
</tr>
<tr>
<td>Walnuts</td>
<td>7 walnut halves</td>
<td>98</td>
<td>5 grams</td>
</tr>
<tr>
<td>Sunflower seeds</td>
<td>1/2 ounce</td>
<td>99</td>
<td>4 grams</td>
</tr>
<tr>
<td>Pumpkin seeds</td>
<td>2 tablespoons</td>
<td>114</td>
<td>1.3 grams</td>
</tr>
<tr>
<td>String cheese</td>
<td>1 piece</td>
<td>80</td>
<td>1 gram</td>
</tr>
<tr>
<td>Coconut milk and blueberries</td>
<td>2 tablespoons coconut milk plus 1/4 cup blueberries</td>
<td>80</td>
<td>7 grams</td>
</tr>
<tr>
<td>Avocado</td>
<td>1/3 fruit</td>
<td>96</td>
<td>5 grams</td>
</tr>
<tr>
<td>Natural (unsweetened) peanut butter and celery</td>
<td>1 tablespoon plus 1 stick celery</td>
<td>90</td>
<td>4 grams</td>
</tr>
<tr>
<td>Jicama and Salsa</td>
<td>14 slices plus 1/4 cup salsa</td>
<td>50</td>
<td>10 grams</td>
</tr>
<tr>
<td>Red pepper and hummus</td>
<td>1/2 cup pepper slices, 2 tablespoons hummus</td>
<td>83</td>
<td>8.5 grams</td>
</tr>
</tbody>
</table>