

7-Day Low-Carb Starter Meal Plan

Your Beginner's Guide to Reducing Carbs & Boosting Energy

Welcome to the low-carb lifestyle! This plan emphasizes **moderate protein, healthy fats, and plenty of non-starchy vegetables** while limiting refined carbs, sugar, and starchy staples. For beginners, aim for **50–130 grams of net carbs per day**, adjusting based on your energy levels, hunger, and personal goals. Consistency, hydration, and whole foods are the keys to success.

Low-Carb Basics

✓ Foods to Enjoy

- Meats, poultry, fish & seafood
- Eggs (whole)
- Non-starchy vegetables: leafy greens, broccoli, cauliflower, peppers, zucchini
- Berries (in moderation): raspberries, blueberries, strawberries
- Nuts & seeds: almonds, walnuts, chia, macadamia
- Full-fat dairy: cheese, Greek yogurt, butter, heavy cream
- Healthy fats: olive oil, avocado, coconut oil
- Herbs, spices & vinegars

✗ Foods to Limit / Avoid

- Sugar & sweets (candy, desserts, syrups)
- Bread, pasta, rice & cereal
- Potatoes & starchy vegetables
- Sugary drinks & fruit juice
- High-sugar fruits: bananas, grapes, mangoes
- Beans & legumes (limit)
- Processed snacks & chips
- Beer & sweet cocktails

Monday

Breakfast

Veggie omelet (3 eggs, spinach, mushrooms, cheese) with avocado

Lunch

Grilled chicken Caesar salad (no croutons) with parmesan and olive oil dressing

Dinner

Pan-seared salmon, roasted asparagus, cauliflower mash

Snack

Greek yogurt (full-fat, unsweetened) with a few raspberries

Tuesday

Breakfast

Greek yogurt parfait with walnuts, chia seeds, and blueberries

Lunch

Turkey & cheese lettuce wraps with avocado, tomato, and mustard

Dinner

Beef stir-fry with broccoli, bell peppers, and ginger (over cauliflower rice)

Snack

String cheese + 10 almonds

Wednesday

Breakfast

Scrambled eggs with smoked salmon, cream cheese, and chives

Lunch

Leftover beef stir-fry with cauliflower rice

Dinner

Baked chicken thighs, sautéed green beans with garlic, side salad

Snack

Celery sticks with almond butter

Thursday

Breakfast	Chia seed pudding (chia + unsweetened almond milk) topped with strawberries
Lunch	Tuna salad (tuna, mayo, celery, red onion) over mixed greens
Dinner	Pork chops, roasted Brussels sprouts, mashed cauliflower
Snack	Hard-boiled eggs + cucumber slices

Friday

Breakfast	Avocado & bacon egg cups (baked in muffin tin)
Lunch	Big chef salad (turkey, ham, cheese, egg, greens, olive oil vinaigrette)
Dinner	Zucchini noodle "pasta" with meatballs and marinara (low-sugar sauce)
Snack	Cheese cubes + bell pepper strips

Saturday

Breakfast	Cream cheese pancakes (eggs, cream cheese, almond flour) with berries
Lunch	Leftover zoodles & meatballs
Dinner	Grilled shrimp skewers, cauliflower fried rice, sautéed bok choy
Snack	Olives + a small handful of macadamia nuts

Sunday	
Breakfast	Crustless quiche with spinach, feta, and ham
Lunch	Chicken & avocado salad with mixed greens and lemon-olive oil dressing
Dinner	Roast beef, roasted radishes (instead of potatoes), garlic green beans
Snack	Berries with whipped heavy cream (unsweetened or stevia-sweetened)



Starter Grocery List

Proteins

Eggs (2 dozen), chicken breasts & thighs, ground beef, salmon, shrimp, tuna (canned), bacon, deli turkey & ham, pork chops, roast beef

Non-Starchy Vegetables

Spinach, mixed greens, romaine, broccoli, cauliflower, zucchini, asparagus, bell peppers, mushrooms, green beans, Brussels sprouts, bok choy, cucumber, celery, radishes, onions, garlic

Fruits (Low-Sugar)

Berries (raspberries, blueberries, strawberries), lemons, avocados

Dairy & Fats

Cheese (cheddar, parmesan, feta, string), cream cheese, full-fat Greek yogurt, heavy cream, butter, olive oil, coconut oil

Nuts, Seeds & Pantry

Almonds, walnuts, macadamia nuts, chia seeds, almond butter, almond flour, olives, low-sugar marinara, mustard, mayo, herbs & spices, unsweetened almond milk



Beginner Tips for Success

1. **Track net carbs**, not total — subtract fiber from total carbs to get a more accurate count.
2. **Prep proteins in batches** on Sundays to save weeknight time and avoid last-minute carb-heavy choices.
3. **Stay hydrated & replenish electrolytes** (sodium, potassium, magnesium) — especially during the first 2 weeks.
4. **Read every label** — sugar and hidden carbs sneak into sauces, dressings, and "healthy" snacks.
5. **Don't fear healthy fats** — they keep you satisfied and help stabilize blood sugar throughout the day.
6. **Expect the "carb flu"** for 3–5 days as your body adapts to burning fat for fuel; it passes quickly.
7. **Listen to your body** — adjust your net-carb target based on energy, hunger, and personal goals.

This is a general starter meal plan for educational purposes only. Consult a healthcare provider or registered dietitian before making significant dietary changes, especially if you have medical conditions or take medications.