



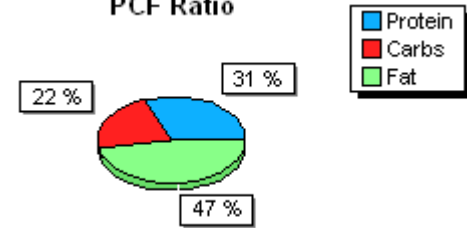
# Low Carb Weight Loss Meal Plan - 1600 C

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Avg Calories Per Day: 1593

PCF Ratio: 31-22-47

PCF Ratio



## Week 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B	Tomato Juice, No Salt • Scrambled Eggs With Mushrooms • Bacon, Canadian-style, Grilled	Cottage Cheese, 1% Fat • Tomato, Red, Ripe, Raw	Western Omelet	Scrambled Eggs With Mushrooms • Tomato Juice, No Salt	Tomato Juice, No Salt • Bacon, Canadian-style, Grilled	Egg, Chicken, Hard-boiled	Salsa Eggs
M	Mozzarella Cheese, Part Skim	Pecan, Dried, Raw	Cheddar Cheese	Cottage Cheese, 1% Fat	Cocoa Smoothie • Pistachio Nut, Dried, Raw	Pecan, Dried, Raw	Peanut Butter, Smooth, No Salt • Celery, Raw
L	Cucumber Salad	Salad Dressing, French, Diet • Iceberg Lettuce, Raw • Roasted Vegetables	Mixed Vegetables, Boiled, No Salt • Lemon Chicken Salad	Beets With Onion And Dill	Zucchini W/skin, Boiled, No Salt • Garden Omelet	Lemon Chicken Salad	Tofu Salad • Lime Dressing
A	Peanut, Dry Roasted, No Salt • Cottage Cheese, 1% Fat	Kale, Boiled, No Salt	Broccoli, Raw • Salsa, Chunky Chili Dip, Canned	Grilled Herbed Tomatoes	Celery, Raw	Cheddar Cheese	Lemon Ricotta Mousse
D	Fish With Tomatoes • Bean Salad With Vidalia Onions	Mixed Vegetables, Boiled, No Salt • Cajun Catfish	Cauliflower, Frozen • Spicy Flank Steak	Roasted Cod With Tomato Relish • Broccoli Vinaigrette	Turnip Greens, Boiled, No Salt • Steak Kabobs	Asparagus, Boiled • Chile Lime Shrimp	Grilled Lamb Chops With Shallots And Red Wine
E	Lemon Ricotta Mousse	Lemon Ricotta Mousse	Cocoa Smoothie	Lemon Ricotta Mousse	Cottage Cheese, 1% Fat	Coffee Smoothie	Vanilla Ricotta Mousse
	1615 Calories(kcal); 127 Protein(g); 139 Carbs(g); 65 Fat(g); 20 Sat Fat(g); 148 Cholest(mg); 36 Fiber(g); 2712 Sodium(mg)	1571 Calories(kcal); 104 Protein(g); 92 Carbs(g); 96 Fat(g); 19 Sat Fat(g); 154 Cholest(mg); 29 Fiber(g); 1308 Sodium(mg)	1570 Calories(kcal); 122 Protein(g); 75 Carbs(g); 90 Fat(g); 28 Sat Fat(g); 257 Cholest(mg); 24 Fiber(g); 1441 Sodium(mg)	1603 Calories(kcal); 192 Protein(g); 112 Carbs(g); 50 Fat(g); 13 Sat Fat(g); 342 Cholest(mg); 36 Fiber(g); 1496 Sodium(mg)	1625 Calories(kcal); 134 Protein(g); 121 Carbs(g); 74 Fat(g); 14 Sat Fat(g); 137 Cholest(mg); 39 Fiber(g); 2799 Sodium(mg)	1661 Calories(kcal); 105 Protein(g); 37 Carbs(g); 126 Fat(g); 28 Sat Fat(g); 938 Cholest(mg); 12 Fiber(g); 914 Sodium(mg)	1503 Calories(kcal); 98 Protein(g); 60 Carbs(g); 98 Fat(g); 25 Sat Fat(g); 150 Cholest(mg); 9 Fiber(g); 1094 Sodium(mg)