

FREE · FROM LOWCARB LANE

The 7-Day Low-Carb Meal Plan

A full week of high-protein, low-carb breakfasts, lunches, dinners and snacks — planned for you, with the complete shopping list. No weird ingredients. No bland "diet food."

7

DAYS PLANNED

28

MEALS & SNACKS

1

SHOPPING LIST

0

DECISIONS LEFT

LL

LowCarb Lane

HIGH PROTEIN · LOW CARB · REAL FOOD

How to use this plan

1

Shop once

The shopping list on page 6 covers the entire week. One trip, everyday supermarket ingredients, done.

2

Cook simple

Every meal is written for real weeknights — most take under 30 minutes, and leftovers are built into the plan on purpose.

3

Protein first

Each meal is built around a protein. It's what keeps you full, so never skip it — portion the rest to your appetite.

4

Make it yours

Don't like salmon? Swap in chicken. Hate cauliflower? Use zucchini. The structure matters more than any single ingredient.

The plate formula (when life happens)

Miss a day or eat out? No problem. Rebuild any meal with this: **a palm-sized (or bigger) portion of protein + non-starchy vegetables + a thumb of fat** (butter, olive oil, cheese, avocado). Skip bread, rice, pasta, potatoes and sugary sauces. That's the whole system — this plan just does the thinking for you.

THE PLAN

Days 1–3

Day 1			EASE IN
BREAKFAST Spinach & Feta Scramble 3 eggs, handful of spinach, feta, cooked in butter.	LUNCH Chicken Caesar Wraps Grilled chicken, Caesar dressing & parmesan in romaine leaves.	DINNER Garlic Butter Steak Bites Seared steak cubes + roasted broccoli. 20 minutes.	SNACK Greek Yogurt & Berries Plain full-fat yogurt, small handful of berries.
Day 2			NO-COOK LUNCH
BREAKFAST Greek Yogurt Power Bowl Yogurt, chopped nuts, chia seeds, cinnamon.	LUNCH Tuna Cucumber Boats Tuna-mayo-celery salad piled into cucumber halves.	DINNER Sheet-Pan Chicken Thighs Chicken thighs + green beans, one pan, olive oil & paprika.	SNACK Cheese & Almonds A few cheese cubes with a small handful of almonds.
Day 3			LEFTOVERS BUILT IN
BREAKFAST Cheddar Veggie Omelet 3-egg omelet with peppers, onion and cheddar.	LUNCH Chicken Avocado Salad Last night's chicken over greens with avocado & olive oil.	DINNER Beef Taco Bowls Seasoned ground beef over cauliflower rice, cheese, salsa, sour cream.	SNACK Hard-Boiled Eggs Two eggs with salt & everything seasoning.

Days 4–5

Day 4

FISH NIGHT

BREAKFAST

Savory Cottage Cheese Bowl

Cottage cheese, cucumber, everything bagel seasoning.

LUNCH

Egg Roll in a Bowl

Ground pork, bagged slaw, soy sauce, ginger — one skillet.

DINNER

Baked Salmon & Asparagus

Salmon fillets with lemon butter, roasted asparagus.

SNACK

Celery & Peanut Butter

Celery sticks with natural peanut butter.

Day 5

MAKE-AHEAD MORNING

BREAKFAST

Sausage & Egg Cups

Muffin-tin egg cups with sausage & cheese (make 6, keep 3).

LUNCH

Salmon Salad

Last night's salmon flaked over greens, olive oil & lemon.

DINNER

Chicken Zoodle Stir-Fry

Chicken strips, zucchini noodles, garlic, soy sauce, sesame.

SNACK

Jerky & Olives

Beef jerky with a few olives — salty, fast, filling.

Halfway check-in

By now you've probably noticed the pattern: **protein at every meal, vegetables you actually like, fat for flavor.** If any meal didn't suit you, swap the protein and keep the structure — the plan still works. Two days to go.

Days 6–7

Day 6

SLOW-COOKER DAY

BREAKFAST

Berry Protein Smoothie

Unsweetened almond milk, protein powder, frozen berries.

LUNCH

Classic Cobb Salad

Greens, egg, bacon, chicken, blue cheese, ranch.

DINNER

Slow-Cooker Pulled Pork

Pork shoulder + spices, 8 hrs low. Serve with crunchy slaw.

SNACK

Cheese Crisps

Baked parmesan rounds — 5 minutes in the oven.

Day 7

WEEKEND TREAT

BREAKFAST

Almond Flour Pancakes

Almond flour, eggs, a little sweetener — with butter.

LUNCH

Pulled Pork Lettuce Cups

Yesterday's pork in crisp lettuce cups with slaw.

DINNER

Lemon Garlic Shrimp

One-pan shrimp in lemon garlic butter + cauliflower mash.

SNACK

Dark Chocolate & Nuts

A square of dark chocolate (85%+) with walnuts.

You did the week — now what?

Repeat this plan as-is, shuffle the days, or keep the formula and rotate new recipes in. If you want the recipes to never run out, the last page is for you.

The Shopping List

Proteins

- ☐ Eggs (2 dozen)
- ☐ Chicken breasts (2 lb)
- ☐ Chicken thighs (1.5 lb)
- ☐ Steak, sirloin (1 lb)
- ☐ Ground beef (1 lb)
- ☐ Ground pork (1 lb)
- ☐ Pork shoulder (2–3 lb)
- ☐ Salmon fillets (4)
- ☐ Shrimp (1 lb)
- ☐ Bacon (1 pack)
- ☐ Breakfast sausage (½ lb)
- ☐ Canned tuna (2)
- ☐ Beef jerky

Vegetables & Fruit

- ☐ Spinach (1 bag)
- ☐ Mixed salad greens (2 bags)
- ☐ Romaine hearts (2)
- ☐ Broccoli (2 heads)
- ☐ Green beans (1 lb)
- ☐ Asparagus (1 bunch)
- ☐ Zucchini (3)
- ☐ Cauliflower rice (2 bags) + 1 head
- ☐ Coleslaw mix (2 bags)
- ☐ Cucumbers (3)
- ☐ Celery (1 bunch)
- ☐ Bell peppers (2), onion (1)
- ☐ Avocados (2)
- ☐ Berries (2 cups, fresh or frozen)
- ☐ Lemons (3)

Dairy & Fridge

- ☐ Butter
- ☐ Greek yogurt, plain full-fat (large tub)
- ☐ Cottage cheese
- ☐ Cheddar (block)
- ☐ Parmesan
- ☐ Feta
- ☐ Blue cheese crumbles
- ☐ Sour cream
- ☐ Heavy cream (small)
- ☐ Unsweetened almond milk

Pantry & Seasonings

- ☐ Olive oil
- ☐ Mayonnaise
- ☐ Caesar dressing & ranch (check labels: low sugar)
- ☐ Soy sauce
- ☐ Salsa
- ☐ Natural peanut butter
- ☐ Almond flour
- ☐ Protein powder (vanilla, unsweetened)
- ☐ Chia seeds, almonds, walnuts
- ☐ Olives
- ☐ Dark chocolate (85%+)
- ☐ Everything bagel seasoning, paprika, taco seasoning, garlic

Where the recipes live

Every cooked meal in this plan is based on a published recipe from a trusted low-carb creator — open any link for full ingredients and step-by-step instructions. Six of the snacks are simple two-item pairings and don't need a recipe (see the note at the bottom).

Day 1

Spinach & Feta Scramble

→ dietdoctor.com/recipes/spinach-and-feta-breakfast-scramble

Chicken Caesar Wraps

→ jenniferbantz.com/keto-chicken-salad-lettuce-wraps

Garlic Butter Steak Bites

→ thebestketorecipes.com/garlic-butter-steak-bites

Day 2

Greek Yogurt Power Bowl

→ therecipenest.com/easy-high-protein-greek-yogurt-bowl-with-chia-seeds-berries

Tuna Cucumber Boats

→ ketodietapp.com/Blog/lchf/low-carb-creamy-tuna-cucumber-boats

Sheet-Pan Chicken Thighs & Green Beans

→ thatlowcarbblife.com/sheet-pan-chicken-green-beans

Day 3

Cheddar Veggie Omelet

→ dietdoctor.com/recipes/keto-western-omelet

Chicken Avocado Salad

→ simplysohealthy.com/low-carb-leftover-turkey-avocado-salad

Beef Taco Bowls

→ kalynskitchen.com/low-carb-ground-beef-cauliflower-rice

Day 4

Savory Cottage Cheese Bowl

→ thenaturalnurturer.com/savory-veggie-cottage-cheese-bowl

Egg Roll in a Bowl

→ maebells.com/egg-roll-in-a-bowl-keto-low-carb

Baked Salmon & Asparagus

→ thetwobiteclub.com/sheet-pan-lemon-butter-salmon-and

Day 5

Sausage & Egg Muffin Cups

→ mylifecookbook.com/easy-breakfast-sausage-egg-cups-low-carb

Salmon Salad

→ stepawayfromthecarbs.com/salmon-avocado-and-arugula-salad-with-lemon-dressing

Chicken Zoodle Stir-Fry

→ lifemadesweeter.com/pad-thai-zoodles-zucchini-noodles

Day 6

Berry Protein Smoothie

→ lowcarbsimplified.com/low-carb-berry-smoothie-bowl

Classic Cobb Salad

→ thechunkychef.com/keto-cobb-salad-and-homemade-ranch-dressing

Slow-Cooker Pulled Pork

→ kalynskitchen.com/slow-cooker-recipe-for-pulled-pork-with

Parmesan Cheese Crisps

→ eatsimplefood.com/parmesan-crisps

Day 7

Almond Flour Pancakes

→ easyketoliving.com/keto-almond-flour-pancakes

Pulled Pork Lettuce Cups

uses leftover Day 6 pulled pork

Lemon Garlic Shrimp

→ evolvingtable.com/garlic-butter-shrimp

Cauliflower Mash

→ canadianbudgetbinder.com/keto-cauliflower-mash-with-garlic-butter

About the snacks

Six of the snacks in this plan are deliberate two-item pairings and don't need a recipe: **Greek yogurt + berries** (Day 1), **cheese + almonds** (Day 2), **hard-boiled eggs** (Day 3), **celery + peanut butter** (Day 4), **jerky + olives** (Day 5), and **dark chocolate + walnuts** (Day 7). Portion to your appetite. The Day 6 Parmesan Cheese Crisps have a recipe above.

Quick Wins

- 1 **Double the dinner protein.** Tomorrow's lunch cooks itself — this plan already does it on days 3, 5 and 7.
- 2 **Keep three "emergency meals" on hand.** Eggs, canned tuna and frozen shrimp turn into dinner in 10 minutes on the worst nights.
- 3 **Read dressing labels once, then stop worrying.** Pick a Caesar and a ranch with low sugar and just repurchase those.
- 4 **Salt your food properly.** When you cut packaged carbs you also cut a lot of sodium — seasoning generously keeps food satisfying and energy steady.
- 5 **Repeat breakfasts.** Nobody ever quit eating well because breakfast was too boring — they quit because it was too complicated.

READY FOR WEEK TWO — AND FIFTY-TWO?

Never run out of easy low-carb dinners again

The full **100 Easy Keto Recipes** cookbook has breakfasts, dinners, snacks, sugar-free desserts and staples — 100 recipes written exactly like this plan: everyday ingredients, simple steps, protein first.

[Get the Cookbook — \\$17](#)

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