



Reduced Carb Meals

Breakfast

- Medium size bowl of high fibre cereal (All Bran, Bran Flakes, Porridge, Fruit n Fibre).
- 2 scrambled eggs, 1 slice ham and onion. Serve with tomato and 2 rye crackers.
- Medium bowl of porridge in water, add 1-2 tbs of tinned mandarins and semi-skimmed milk.
- Poached egg, tomato and grilled mushrooms.
- ½ grapefruit, 2 boiled eggs and 1 slice of wholemeal bread or rye cracker.
- Omelette made with 3 egg whites/1 yolk, tomatoes and mushrooms.

Reduced Carb Lunches

- Grilled chicken breast, large green salad, 1tbsp cottage cheese.
- Small tin of salmon with 2 Ryvita crackers.
- Omelette made with chicken, peppers and onion, served with veg OR salad.
- 2-3 rye crackers topped with low fat cottage cheese & pineapple.
- Tin of tuna in brine mixed with onion or peppers. Serve with wholemeal toast.
- Chicken or tuna salad. Add boiled egg, tomatoes, onion and small potato.
- Tuna & prawns, lettuce, tomato, onion and carrots with low fat dressing.
- Omelette or scrambled eggs filled with ham & tomato, chicken, onions and peppers, tuna & peppers, peppers, onion, tomato or 10oz of grated cheese.
- 2-3 slices of turkey/ham, large tossed salad, 1-2 Ryvita crackers.
- Bowl of Baxters Healthy Options soup, piece of fruit.



Reduced Carb Dinners

- 2 slices of chicken or turkey, cabbage or string beans, 3-4 baby potatoes.
- 1 low fat ready meal with fresh vegetables.
- 3 egg omelette (use only 1 yolk) with ham, peppers & onion. Serve with fresh vegetables.
- Rump steak with grilled mushrooms & onion. Serve with large salad or fresh vegetables.
- Grilled chicken breast, 1 medium sized sweet potato, green beans/carrots.
- Stir-fry prawns with onions, peppers, broccoli, bean sprouts and fresh chilli.
- Grilled cod steaks with carrots, cauliflower & green beans.
- Brown rice (medium portion) with peas, peppers, chicken breast and salad.
- Grilled tuna burger (mix tuna, onion, breadcrumbs, seasoning & egg white together) served with 1 wholemeal bap.
- 1-2 medium grilled chops with a selection of boiled vegetables.
- Lean mince burger with tossed salad.
- Grilled seasoned breast of chicken and vegetables.
- Chicken omelette and salad.
- Roast leg of lamb & vegetables.
- Large salad with egg, chicken or fish.
- Grilled salmon or trout with vegetables.
- Grilled steak & vegetables.
- Grilled spare ribs & vegetables.



Reduced Carb Snacks

- 2 rye crackers with 2 slices of ham and tomato or low fat cottage cheese.
- Sugar-free jelly & low fat yogurt or scoop of low fat ice cream.
- 1 pot of low fat yogurt, custard or rice with 1 piece of fruit.
- Fruit salad - mix apple, orange, grapes, plum and kiwi.
- Small tin of tuna on 2 rye crackers.
- Protein shake with an apple or orange.
- Sugar-free jelly.
- Handful of strawberries or ½ grapefruit, handful of grapes.
- Fresh fruit salad - plums, raspberries, strawberries, kiwi, peach. No added sugar.
- 1 dry wine or 2 wine spritzers.
- 2 slices of lean ham & cracker. 1 slice of chicken and thin slice of cheddar cheese.