



**5-DAY**  
*Dietitian Approved*  
**LOW CARB MEAL PLAN**

[www.lowcarbketohhealth.com.au](http://www.lowcarbketohhealth.com.au)

Day 1

Breakfast

Black tea  
1/4 cup almond milk  
**1 serving Low Carb Muesli**  
1/2 cup almond milk

Lunch

2 slice Bakers Life, 85% low carb  
bread (Aldi, IGA)  
28 g cured ham  
29 g colby cheese  
1 thin slice fresh tomato

Dinner

**6 serving Garlic Herb Grilled  
Chicken**  
1 cup chopped cauliflower, oven  
baked, stir fried or steamed

Morning Tea

Black tea  
1/4 cup almond milk  
1 cracker Olina's Carb Free, pepita  
or sunflower seed crackers  
1 tbsp home-made hummus

Afternoon Tea

75 g celery stalk  
1 thin spread peanut butter, smooth  
& crunchy, no added sugar

Supper or Dessert

28 g macadamia nuts

Day 2

Breakfast

Black tea  
1/4 cup almond milk  
**Low Carb Berry and Hazelnut  
Yoghurt**

Lunch

1 slice Bakers Life, 85% low carb  
bread (Aldi, IGA)  
1 thick slice fresh tomato  
28 g light tuna, canned in water  
1 tsp mayonnaise  
1/2 cup sliced cucumber

Dinner

**1 serving Kofta**  
**1 serving cauliflower rice  
tabbouleh salad**

Morning Tea

Black tea  
1/4 cup almond milk  
1 cracker Olina's Carb Free, pepita  
or sunflower seed crackers  
1 tbsp avocado  
1 pinch table salt

Afternoon Tea

1 cup coffee (unsweetened)  
10 g almonds

Supper or Dessert

Green tea (unsweetened)  
28 g macadamia nuts

Day 3

Breakfast

Black tea  
1/4 cup almond milk  
1 slice Bakers Life, 85% low carb bread (Aldi, IGA)  
1 large fried egg

Lunch

1 cup green leaf lettuce  
1/2 cup sliced cucumber  
1 tbsp italian salad dressing, commercial  
2 boiled eggs

Dinner

**85g Filet Mignon Beef Steak, dash of sauce ready to serve**  
1 small zucchini  
1 cup cauliflower

Morning Tea

Black tea  
1/4 cup almond milk  
1 cracker Olina's Carb Free, pepita or sunflower seed crackers  
1 tbsp home-made hummus

Afternoon Tea

75 g celery stalk  
1 thin spread peanut butter, smooth & crunchy, no added salt

Supper or Dessert

28 g macadamia nuts

Day 4

Breakfast

Black tea  
1/4 cup almond milk  
1 slice Bakers Life, 85% low carb bread (Aldi, IGA)  
2 tbsp avocado

Lunch

85g chicken - broiler, rotisserie or bbq with skin  
85g Whole Foods Market, crispy kale slaw

Dinner

**1 serving Cajun Chicken Meatballs in tasty cream sauce**  
1 cup broccoli  
1 tsp table salt

Morning Tea

Black tea or Green tea (unsweetened)  
1/4 cup almond milk  
28g macadamia nuts

Afternoon Tea

1 cracker Olina's Carb Free, pepita or sunflower seed crackers  
1tsp salted butter  
A thin spread of vegemite

Supper or Dessert

1 handful of brazil nuts

**Breakfast**

**Low Carb Pancakes with Blueberries**  
and sugar free maple syrup  
(Walden Farms)

**Lunch**

2 large poached eggs  
85 g baby spinach  
25 g hollandaise sauce mix  
(Concord Foods)

**Dinner**

**1 serving Low Carb Chicken Parmagiana**  
100 g green bean salad

**Morning Tea**

Black tea  
1/4 cup almond milk  
30 g brie cheese  
4 small olives

**Afternoon Tea**

Black tea  
1/4 cup almond milk  
76 g celery stalks  
1 tbsp home-made hummus

**Supper or Dessert**

Green tea (unsweetened)  
28 g macadamia nuts

Macronutrient Analysis & Recipes

**Day 1**

Energy (kcal): 1345.2  
Protein (g): 77.9  
Fat (g): 98.1  
Carb (g): 36.8  
Fiber (g): 25.4  
Net Carb (g): 11.4

**Day 2**

Energy (kcal): 1190.7  
Protein (g): 58.6  
Fat (g): 91.2  
Carb (g): 36.9  
Fiber (g): 18.5  
Net Carb (g): 18.4

**Day 3**

Energy (kcal): 1074.40  
Protein (g): 62.5  
Fat (g): 78.9  
Carb (g): 29.0  
Fiber (g): 16.6  
Net Carb (g): 12.4

**Day 4**

Energy (kcal): 1253.3  
Protein (g): 51.0  
Fat (g): 105.9  
Carb (g): 32.4  
Fiber (g): 19.9  
Net Carb (g): 12.5

**Day 5**

Energy (kcal): 1418.9  
Protein (g): 85.6  
Fat (g): 100.8  
Carb (g): 43.9  
Fiber (g): 13.0  
Net Carb (g): 30.9

**RECIPES**

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## LOW CARB MUESLI

1 serving. Ready in 10 min.

### Ingredients

Pumpkin seeds, 0.5 portion(s) (5 g)  
100% natural psyllium husk, (5 g)  
100% organic coconut flakes, (25 g)  
Almonds, (5 g)



### Instructions

1. Mix together in a bowl and serve with chilled almond milk, yoghurt or milk.
2. One serve is a out half a cup.

### Comments

You can use any types of seeds and nuts you like.

## GARLIC HERB GRILLED CHICKEN

6servings. Ready in 80mins.

### Ingredients

- 1/2 cup chopped fresh basil
- 2 tsp minced fresh thyme
- 1 tbsp minced fresh rosemary
- 3 tbsp fresh lemon juice
- 1 tbsp minced fresh oregano
- 900g boneless skinless chicken thighs\* (6 pieces, trim visible fat),
- 1/2 cup chopped fresh parsley
- 6 tbsp olive oil
- 1 tbsp minced garlic,3 cloves
- Salt and pepper,1 serving



### Instructions

- 1.In a medium mixing bowl whisk together olive oil, lemon juice, basil, parsley, oregano, rosemary, thyme, and garlic. Season with salt and pepper to taste (I use 1 tsp salt and pepper, not included in nutrition estimate).
- 2.Place chicken in a gallon size resealable bag. Pour marinade mixture over chicken. Seal bag while pressing out excess air.
- 3.Rub marinade over chicken while turning pieces to coat with herbs and garlic until it's evenly distributed.
- 4.Transfer to refrigerator and let marinate 1 - 8 hours.
- 5.Preheat a gas grill over medium-high heat to about 220C.
- 6.Grill chicken until center registers 165 degrees in thickest portion, about 5 minutes per side. Let rest a few minutes before serving.
- 7.Garnish with more fresh basil and parsley if desired.

## LOW CARB BERRY AND HAZELNUT YOGHURT

1 serving. Ready in 10 min.

### Ingredients

Hazelnut, Nut, 4 nuts (6 g)

Yoghurt, Greek style (~10%), natural, 100g

Strawberries, 0.5 cup, halves (76 g)



### Instructions

1. Place the berries and hazelnuts in a food processor and pulse a few times to form a rough paste. Place the paste at a bottom of the dish, add the yogurt and garnish with a mint leaf.
2. Ready to eat!

## KOFTA

4 servings. Ready in 30 min.

### Ingredients

- 1 egg yolk
- 2 tablespoons chopped fresh oregano,
- 2 tablespoon of chopped onion
- 450 g Ground beef
- Salt and pepper, 4 servings

### Instructions

1. In a medium bowl, mix together the ground beef, onion, egg yolk, oregano, salt and pepper.
2. Pick up medium sized handfuls and press them onto skewers.
3. Roll on a lightly oiled clean surface until the mixture looks like a large ground beef hot dog with about 1 1/2 inches at each end of the skewer.
4. Place your fingers in the middle of the skewer and separate the meat log into two sausages with about 1 inch of skewer sticking out at each end. Prepare a grill for high heat, or if you only have a grill pan, like myself, heat it over medium-high heat.
5. Place the sausages on the grilling surface, and cook for about 10 minutes, turning once or twice for even cooking. Serve immediately





## CAULIFLOWER RICE TABBOULEH SALAD

12 servings. Ready in 45 min.

### Ingredients

1/4 cup fresh lemon juice  
3 tablespoons chopped fresh mint  
3 scallions, chopped,  
1/2 cup chopped fresh parsley  
1 cup chopped cucumber, 1 cup  
1/4 cup olive oil  
3 large garlic cloves, minced,  
Cauliflower rice, 2 cups  
Plum tomatoes, 1 cup



### Instructions

1. In a large bowl, stir together the cauliflower rice, parsley, tomatoes, scallions, cucumbers and mint.
2. In a small bowl, whisk together the olive oil, lemon juice and garlic. Pour the olive oil mixture over the salad and toss to coat.
3. Let the salad sit at room temperature for 15-30 minutes to allow the flavors to blend. Serve at room temperature or chilled.

## CAJUN CHICKEN MEATBALLS

18 servings. Ready in 50 min.

### Ingredients

- 2 tablespoons roughly chopped basil, for serving, 2 sprig (4 g)
- ¼ cup grated parmesan cheese
- ½ cup sour cream
- 1 large egg,
- 1 ½ cups low sodium chicken broth
- 2 tablespoons chopped parsley (plus more for serving), 2 tablespoons (10 g)
- ½ cup minced mushrooms
- 3-4 tablespoons olive oil
- 4 cloves minced garlic)
- 560 ground chicken or turkey
- ½ cup minced red or yellow peppers (bell or sweet peppers)
- 2 tablespoons flour, 2 tablespoons (16 g) cajun seasoning, 2 tablespoons (14 g) panko, 0.75 cup (45 g)



## CAJUN CHICKEN MEATBALLS cont'd

### Instructions

1. Meatballs: In a medium mixing bowl, mix together 2 tablespoons of cajun seasoning, the garlic, and all the other ingredients except the ground chicken.
2. Add teaspoon of black pepper and mix using a fork. The mixture will resemble a coarse breading.
3. Add the ground chicken and mix until \*just\* combined.
4. Do not overwork the meat. Roll into 18-22 meatballs.
5. Heat 1 tablespoon of oil in a large skillet over medium-high heat.
6. Add the meatballs to the skillet but do not overcrowd the pan.
7. Cook in batches if they don't all fit.
8. Sear the meatballs for 4-5 minutes, flipping to brown all sides evenly.
9. Remember you want to just brown the outside and not cook them all the way through.
10. Remove meatballs to a plate. Repeat until all the meatballs are cooked.

1. Sauce: Add 2 tablespoons of olive oil to the pan along with the remaining garlic and the onion and saute for 2 minutes or until the onion begins to turn translucent.
2. Add the peppers and mushrooms and continue to cook until the mushrooms and peppers soften, about 2-3 minutes.
3. Sprinkle the flour and the remaining teaspoon of cajun seasoning over the veggies and push the veggies around the pan to coat evenly and cook for about a minute or until the flour starts to deepen in colour.
4. Stir the mixture as you pour in the chicken broth. Lower the heat, whisk in the sour cream until it dissolves completely. Allow sauce to come back to a gentle simmer before lowering the heat and letting the sauce thicken, about 6- 12 minutes.
5. When the sauce is halfway there, add the chicken meatballs and let cook for 5 minutes. Sprinkle with the basil before serving. The sauce will thicken as it sits so id advise leaving it a little thinner if you aren't planning on serving this right away. If the sauce thickens too much you can always thin it out with a little water or broth. Serve over egg noodles or with garlic bread and a salad.

# ABOUT US

Low Carb Keto Health is a team of **Doctors, Dietitians and Health Coaches** with a combined twenty years' experience utilising low carbohydrate and ketogenic lifestyle approaches to improve health and reverse disease. We share a vision for a new health care model where you are an equal member of your own health care team working with us to create change and achieve the wellness you seek. Our role is to provide you with the knowledge, information and the support you need to achieve your health and life goals.



**Dr Laureen Lawlor-Smith BMBS FRACGP**  
**Director and Low Carb Doctor**

Laureen has been a doctor since 1982. She has owned and managed her own General Practices in Adelaide's southern suburbs for much of her career. She is passionate about helping people change their lives and improve their health through lifestyle medicine.

Laureen has been using a low carbohydrate/ketogenic approach for years and has experienced both personally and professionally the dramatic health transformation this dietary change can produce.

**Ms Nicole Moore MNUTR & DIET APD DAA**  
**Director and Low Carb Dietitian**



Nicole has been an Accredited Practising Dietitian (APD) for over 20 years. She is a Low Carb Specialist helping people to reverse chronic disease and improve their general health and wellbeing through nutritional therapy. She also coaches, trains and mentors dietitians nationally and regularly presents to GP groups and the general public about the benefits of low carb nutrition and how to practically achieve this lifestyle.

Nicole has firsthand experience living the low carb lifestyle. She discovered the benefits of it for herself over ten years and continues to live the low carb life today.

**Ms Jody Bund BCOMMS RESULTS CERTIFIED COACH ICF**  
**Director and Lifestyle Coach**



Jody is a Certified Life Coach and holds a bachelor's degree in Commerce, as well as qualifications in Practice Management. With a love for the business of healthcare, Jody has 15+ years coaching and consulting within the industry. Jody also has a passion for supporting individuals to achieve success through coaching. She works closely with her clients to take a step back, recognise the issues and create a plan for positive change. Adopting the NeuroLeadership Institute's brain-based coaching methodology, Jody empowers her clients to implement change in their life, work and health through goal setting, instilling accountability and taking consistent, forward focussed action.

