

fatmandoo

Sample LCHF Weekly Menu/Food Plan



This is a sample snapshot of my weekly menu on LCHF. Please remember this is only a guide. There is certainly no need to eat everything here. I would be pressed to eat 60% of this menu. Eating Low Carb along with lots of High Quality Fats leaves you feeling satiated longer.

My motto is eat when you're hungry and eat til you're full! Keep your water intake high and avoid diet drinks and artificial sweeteners when you can.

For recipe ideas and to follow my LCHF weight loss journey visit fatmandoo.wordpress.com

N.B. any advice is based on my personal experience and opinion only. I have had a lot of success with this way of eating, however I am not a trained dietician. If you have health concerns seek medical advice.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	3 Egg Omelete with Capsicum, Chorizo, Diced Bacon, Cheese and Onion in Grassfed Butter Coffee with Cream	Spicy Pulled Pork Soft Boiled Egg Fresh Salsa Coffee with Cream	3 Eggs Poached in Grassfed Butter Crispy Bacon Grilled Tomato Coffee with Cream	Mexican Chilli Beef Mince Topped with Grilled Egg and Melted Cheese Coffee with Cream	3 Eggs Scrambled with Cream Crispy Bacon Grassfed Butter Coffee with Cream	Cheesy Bacon and Egg Cups Coffee with Cream	Grilled Steak and Fried Egg with Caramelised Onion Coffee with Cream
LUNCH	Chicken Curry	Slice of Meatloaf	Chicken Curry	Leftover Roast Meat and Veg	Chicken Curry	Savoury Beef Mince	Slice of Meatloaf
DINNER	Slow Roast Beef with Roast Pumpkin, Carrot, Steamed Broccoli and Pan Juices	BBQ Lamb Chop with Cauliflower Balsamic Cherry Tomatoes and Onion	Rib Fillet Steak Basted in Garlic, Rosemary Butter with Butter Braised Cabbage and Brocolini	Lemon, Thyme and Garlic Roasted Organic Chicken with Cauliflower and Roast Pumpkin	Grassfed Beef Meatloaf Wrapped in Prosciutto with Cauliflower and Roast Pumpkin Mash	Pepperoni Meatza	Cauliflower and Roast Pumpkin Soup with Crispy Bacon Croutons
DESSERT	Red Wine and 85% Dark Organic Chocolate	Bulletproof Tiramisu	Fresh Berries with Whipped Cream	Lemon Meringue Pie with Cream	Chocolate Mug Cake with Fresh Raspberries and Whipped Cream	Choc Dipped Almond Cookies	Dark Chocolate Brownie with Whipped Cream
SNACKS	Roasted Almonds	Pork Scratchings	85% Dark Organic Chocolate	Choc Raspberry Fat Bomb	Boiled Egg	Veggie Sticks and Salsa	Mini Chorizo Sausages