



High Protein Low Carbohydrate **Meal Plan**

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High Protein, Low Carbohydrate Meal Plan

Thank you for choosing Balanced Bodies for helping you to reach your weight loss and overall wellness goals. Our team is committed to your success and will be here to guide and support you at each phase of your journey. This manual provides a sample 7-day, high protein, low carbohydrate diet plan that provides approximately 1200 calories per day. Please note that this is just a sample and adjustments to your personal plan may be needed along the way. A shopping list, recommended supplements and dietary substitutions are also included. Let's begin with a little about the diet plan, including benefits.

In addition to weight loss, a high protein, low carb diet has been linked to a number of health benefits, including improved body composition, increased muscle mass, and better blood sugar control. By reducing carbohydrates, the body is forced to use stored fat as an energy source, leading to weight loss. Additionally, protein is essential for building and maintaining muscle mass, which can help improve overall body composition. A low carb diet can also help regulate blood sugar levels and improve insulin sensitivity, making it a viable option for those with diabetes or pre-diabetes. Finally, a high protein, low carb diet may lead to a reduced risk of heart disease and other chronic illnesses, due to its emphasis on lean protein sources and healthy fats.

Individual responses to a high protein, low carb diet can vary based on a number of factors, including genetics, age, sex, physical activity level, and underlying health conditions. It's important to listen to your body and make adjustments to your plan as needed. Our providers are here to assist you in making any changes that may be needed to ensure that you are getting the nutrients and energy you need to support your overall health and wellbeing.



Sample 1200 Calorie, 7-Day High Protein, Low Carb Meal Plan

This section provides a sample 7-day high protein, low carbohydrate plan. Please note that this is just a sample, and you may adjust the plan as needed to meet your personal needs and preferences.



Day One

Breakfast

2 scrambled eggs with 2 slices of bacon
250 calories, 18g protein, 0g carbs

Snack

1 small apple and 1 oz of almonds
200 calories, 7g protein, 13g carbs

Lunch

Tuna salad made with 4 oz of canned tuna in water, 1/4 avocado,
1/4 cup of diced celery, and 2 tbsp of olive oil.
Serve with 1 cup of mixed greens.
300 calories, 26g protein, 3g carbs

Snack

1 small cucumber and 1 low-fat string cheese stick
70 calories, 5g protein, 4g carbs

Dinner

4 oz grilled chicken breast with 1 cup of sautéed spinach and
1/4 cup of diced tomatoes
330 calories, 28g protein, 5g carbs

Daily Total: Calories 1150, Protein 84g , Carbohydrates 25g



Day Two

Breakfast

Greek yogurt with 1/4 cup of raspberries and 1/4 cup of walnuts
250 calories, 14g protein, 8g carbs

Snack

1 small pear and 1 hard boiled egg
140 calories, 6g protein

Lunch

Turkey roll-ups made with 4 oz of sliced turkey breast,
1 oz of low-fat cheese, and 1/4 avocado.
Serve with 1 cup of sliced bell peppers and 2 tbsp of hummus
300 calories, 25g protein, 10g carbs

Snack

1 small orange and 1 oz of almonds
150 calories, 5g protein, 14g carbs

Dinner

4 oz of grilled salmon with 1 cup of steamed broccoli and
1/4 cup of diced cucumber
360 calories, 28g protein, 6g carbs

Daily Total: Calories 1200, Protein 78g , Carbohydrates 38g



Day Three

Breakfast

2 egg whites, 1 slice of ham, and 1/2 avocado
200 calories, 14g protein, 3g carbs

Snack

1 small apple and 1 oz of almonds
200 calories, 7g protein, 13g carbs

Lunch

Grilled chicken salad with mixed greens:
4 oz grilled chicken breast,
1/4 cup of cherry tomatoes,
1/4 cup of sliced cucumbers, and
2 tbsp of olive oil dressing
300 calories, 28g protein, 3g carbs

Snack

1 small cucumber and 1 low-fat string cheese stick
70 calories, 5g protein, 4g carbs

Dinner

4 oz of grilled shrimp with 1 cup of roasted zucchini and
1/4 cup of diced tomatoes
330 calories, 28g protein, 5g carbs

Daily Total: Calories 1100, Protein 82g , Carbohydrates 28g



Day Four

Breakfast

Protein smoothie made with 1/2 cup of unsweetened almond milk,
1 scoop of Designs for Health protein powder,
1/2 cup of frozen blueberries, and 1 tbsp of almond butter
250 calories, 20g protein, 11g carbs

Snack

1 dill pickle and 1 hard boiled egg
70 calories, 5g protein, 4g carbs

Lunch

4 oz of grilled chicken with 1 cup of roasted cauliflower
cooked in 1 tbsp of olive oil and 2 tbsp of ranch dressing
Total: 427 calories, 26g protein, 5g carbs

Snack

1 small orange and 1 oz of almonds
200 calories, 6g protein, 14g carbs

Dinner

4 oz of grilled chicken breast with 1 cup of roasted Brussels sprouts and
1/4 cup of diced tomatoes
330 calories, 28g protein, 5g carbs

Daily Total: Calories 1227, Protein 85g , Carbohydrates 39g



Day Five

Breakfast

2 scrambled eggs with 2 slices of bacon
250 calories, 18g protein, 0g carbs

Snack

1 small apple and 1 oz of almonds
200 calories, 7g protein, 13g carbs

Lunch

Tuna salad made with 4 oz of canned tuna in water, 1/4 avocado,
1/4 cup of diced celery, and 2 tbsp of olive oil.
Serve with 1 cup of mixed greens
300 calories, 26g protein, 3g carbs

Snack

1 small cucumber and 1 low-fat string cheese stick
70 calories, 5g protein, 4g carbs

Dinner

4 oz of grilled salmon with 1 cup of sautéed spinach and
1/4 cup of diced tomatoes
360 calories, 28g protein, 6g carbs

Daily Total: Calories 1180, Protein 84g , Carbohydrates 26g



Day Six

Breakfast

Greek yogurt with 1/4 cup of raspberries and 1/4 cup of walnuts
250 calories, 14g protein, 8g carbs

Snack

1 hard boiled egg and 1 small orange
110 calories, 6g protein, 12g carbs

Lunch

Turkey roll-ups made with 4 oz of sliced turkey breast,
1 oz of low-fat cheese, and 1/4 avocado.
Serve with 1 cup of sliced bell peppers and 2 tbsp of hummus.
300 calories, 25g protein, 10g carbs

Snack

1 small apple and 1 oz of almonds
200 calories, 7g protein, 13g carbs

Dinner

4 oz of grilled chicken breast with 1 cup of roasted zucchini and
1/4 cup of diced tomatoes
330 calories, 28g protein, 5g carbs

Daily Total: Calories 1190, Protein 55g , Carbohydrates 48g



Day Seven

Breakfast

Protein smoothie made with 1/2 cup of unsweetened almond milk,
1 scoop of whey protein powder, 1/2 cup of frozen blueberries, and
1 tbsp of almond butter
250 calories, 20g protein, 11g carbs

Snack

1 small cucumber and 1 hard boiled egg
70 calories, 5g protein, 4g carbs

Lunch

Grilled chicken salad with mixed greens, 4 oz grilled chicken breast,
1/4 cup of cherry tomatoes, 1/4 cup of sliced cucumbers, and
2 tbsp of olive oil dressing
300 calories, 28g protein, 3g carbs

Snack

1 small orange and 1 oz of almonds
200 calories, 6g protein, 14g carbs

Dinner

4 oz of grilled shrimp with 1 cup of sautéed spinach and
1/4 cup of diced tomatoes
330 calories, 28g protein, 5g carbs

Daily Total: 1150 calories, 87g protein, 37g net carbs





Meal Plan

Shopping List



Shopping List

Protein

Eggs

Bacon

Almonds

Tuna (canned in water)

Avocado

Chicken breast

Shrimp

Salmon

Turkey breast

Low-fat cheese

*Vanilla protein powder

*Chocolate protein powder

***Recommended: Designs for Health Protein Powder available at
www.bbantiaging.com*

Produce

Apples

Pears

Cucumbers

Bell peppers

Cherry tomatoes

Mixed greens

Spinach

Broccoli

Zucchini

Brussels sprouts

Baby carrots



Shopping List

Pantry

Olive oil

Hummus

Greek yogurt

Raspberries

Walnuts

Almond butter

*Dill Pickles (Avoid if on a low-salt diet)

Unsweetened almond milk

Note: This is just a general list of items needed for the diet plan. The specific quantities will depend on your meal plan and serving sizes. You may also want to consider adding any additional items that you enjoy and fit within your dietary needs.



Healthy Substitutes

If you're looking for healthy snack options, there are several that you can choose. Some good alternatives are:

- Celery: 1/2 cup, diced, 6 calories, 0g protein, 1g carbs, 0g fat, 1g fiber
- Cucumbers (16 calories per 1/2 cup sliced)
- Celery (6 calories per 1/2 cup diced)
- Radishes (9 calories per 1/2 cup sliced)
- Cherry tomatoes (13 calories per 1/2 cup)
- Baby carrots (25 calories per 1/2 cup)
- Sugar snap peas (30 calories per 1/2 cup)
- Broccoli florets (15 calories per 1/2 cup)
- Cauliflower florets (13 calories per 1/2 cup)
- Zucchini slices (10 calories per 1/2 cup)
- Green bell pepper strips (10 calories per 1/2 cup)



Recommended Supplements

We recommend the following supplements to support your nutritional needs with this meal plan:

Designs for Health Twice Daily Multivitamin

Contains optimal amounts of many nutrients not easily obtained in most diets, including vitamin E, a highly digestible form of folate, and true amino acid chelate minerals for optimal tolerance and absorption.

Designs for Health ProbioMed™ 50

High potency, shelf stable, dairy-free probiotics formulation containing 50 billion CFU per serving.

It consists of ten of the most highly-researched probiotic strains, with each strain and specific CFU count being fully disclosed.

Designs for Health Protein Powder

Choose from a selection of protein powders to best fit your overall health needs. Great for smoothies.

All Designs for Health Supplements are medical grade and made with Non-GMO ingredients.



Foods to Buy Organic

Our providers follow recommendations made by The Environmental Working Group for produce you should buy organic whenever possible, as they are typically grown without the use of pesticides . These include:

Strawberries



Blueberries



Nectarines



Apples



Grapes



Cherries



Peaches



Pears



Peppers



Spinach



Kale, Collard & Mustard Greens



Green Beans



For more information visit www.ewg.org