



## 14 Days Menu

DAY	Breakfast	Lunch	Snack	Dinner
1	Eggs with Tomato & Peppers	Vegetarian Minestrone	Chocolate Mousse	Steak with Black Beans
2	Omelette with Zucchini and Salsa	Green Lettuce and Radish Salad	Raw Veggies with Cottage Cheese	Chicken with Garlic and Lime Juice
3	Greek Omelet	Greek Salad with Feta	Pumpkin and Sunflower Seeds Mix	Dill and Wine Salmon
4	Omelet with Shredded Cheese	Tuna Salad Wrap with Cream Cheese	Cantaloupe Salad	Pork Chops with Green Beans
5	Hard Boiled Eggs with Bacon and Fruit	Beef Stew	Fruit Salad	Spinach and Goat Cheese Stuffed Chicken Breast
6	Spinach Puree with Eggs Sunny Side Up	Ham and Bean Soup	Celery Sticks with Yogurt and Cream Dip	Pork Tenderloin with Mustard and Coleslaw
7	Ham and Asparagus Omelet	Cucumber and Tomato Salad	Carrots with Babaganoush Dip	Meatballs with Tomato Salad

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# Low carb foods



DAY	Breakfast	Lunch	Snack	Dinner
8	Eggs Sunny Side Up (Mediterranean style)	Steak with Sweet Potato Fries	Baby Carrots, Red Pepper with Hummus	Bacon and Avocado Salad
9	Chicken Wrap with Lettuce and Tomato	Cucumber and Lettuce Salad	Celery Sticks with Cream Cheese	Pork and Mushrooms Kebob
10	Celery and Tuna Salad	Shrimp Stir-Fry	Mixed Berries Fruit Salad	Mexican Style Chicken with Black Beans
11	Asparagus Omelet with Goat Cheese	Beef and Mushroom Skewers	Low-carb Cinnamon Muffins	Smoked Mackerel with Onion Salad
12	Baked Eggs with Spinach and Ham	BBQ Beef with Veggie Kabob	Turkey Roll-up	Green Peas, Corn and Chicken Salad
13	Tomatoes Stuffed with Eggs	Breaded Fried Tomatoes with Feta Filling	Broccoli and Green Beans	Ham Wrap with Tzatziki, Cucumber and Cheese
14	Cottage Cheese with Strawberries	Fried Chicken with Steamed Broccoli	Ricotta Cheesecake	Lentils Soup with BBQ Chicken

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