



Healthy Low-Carb, Low-Cholesterol, Low-Calorie Nutrition Plan

Daily Targets

- Calories: 1,200–1,400/day
- Carbs: 50–90g/day
- Cholesterol: under 150–200mg/day
- Protein: 90–120g/day
- Fiber: 25g+ per day

Breakfast Options

- Option 1: 3 egg whites + spinach + mushrooms, 1/4 avocado, 1/2 cup berries
- Option 2: Plain nonfat Greek yogurt, 1 tbsp chia seeds, 1/4 cup blueberries, cinnamon
- Option 3: Protein shake (unsweetened almond milk, low-sugar protein powder, ice, ginger, spinach)

Snack Options

- 10 almonds
- Celery + 1 tbsp natural peanut butter
- 1 boiled egg
- Cucumber slices + hummus

Lunch Options

- Grilled chicken salad with mixed greens, cucumber, tomatoes, avocado, olive oil + lemon
- Baked salmon + steamed broccoli + cauliflower rice
- Lettuce wrap turkey burger + side vegetables

Dinner Options

- Grilled chicken breast + roasted veggies + 1/2 cup mashed cauliflower
- Lean ground turkey taco bowl with lettuce, salsa, avocado, cauliflower rice

- stir fry with zucchini, cabbage, bell peppers

Foods to Focus On

- Lean proteins
- Vegetables
- Fiber-rich foods
- Healthy fats in moderation
- Plenty of water

Foods to Limit

- Bread, pasta, rice
- Fried foods
- Processed meats
- Cheese-heavy meals
- Sugary coffee & drinks
- Ice cream (no sugar added or smart carbs (2) scoops only)
- Steak-in moderation
- Crab legs +Shrimp (high in cholesterol)

Smart Carb Swaps

- Mashed potatoes → mashed cauliflower
- Chips → SkinnyPop popcorn
- Rice → cauliflower rice
- Tortillas → lettuce wraps
- Ice cream → Greek yogurt