

# Sample menu for low carb and keto

What does a carbohydrate-restricted menu look like? Plan your daily menu with this guide.

GUIDE	EXAMPLE
<p><b>1</b> First meal</p> <p><b>Protein source (usually meat or eggs):</b> Aim for a minimum of 3-4 ounces of meat (about the size of a deck of cards), 3 eggs, or a combination.</p> <p><b>Fat source:</b> This may already be in your protein. For example, bacon and eggs have fat in them. But if your protein source is lean, add some fat in the form of butter, cream (in coffee), cheese, or nuts.</p> <p>Low-carb vegetable (if desired)</p>	<p>2 slices bacon or sausage</p> <p>2 eggs, cooked in butter, topped with slices of cheese (or 3 eggs)</p> <p>Coffee or tea, with cream if desired</p> <p>Low-carb vegetables can be added to scrambled eggs or an omelet, if you want them as part of this meal.</p> 
<p><b>2</b> Second meal</p> <p><b>Meat or other protein source:</b> Aim for a minimum of 4 ounces.</p> <p><b>Fat source:</b> If your protein is lean, add some fat with butter, salad dressing, cheese, cream, avocado, seeds, or nuts.</p> <p><b>Veggies:</b> Have 1 to 1 ½ cups of salad greens or cooked greens and ½ to 1 cup of vegetables on the low-carb list.</p>	<p>4-5 ounces grilled chicken or fish</p> <p>Salad greens, ½ avocado, tomatoes, and other vegetables, topped with full-fat ranch or bleu cheese dressing</p> <p>Water or unsweetened iced tea</p> 
<p>Snack</p> <p>Look for a low-carb, high-protein snack.</p>	<p>Pepperoni slices and/or a cheese stick</p> 
<p><b>3</b> Third meal</p> <p><b>Meat or other protein source:</b> Aim for a minimum of 4 ounces.</p> <p><b>Fat source:</b> If your protein is lean, add some fat with butter, salad dressing, cheese, cream, avocado, seeds, or nuts.</p> <p><b>Veggies:</b> Have 1 to 1 ½ cups of salad greens or cooked greens and ½ to 1 cup of vegetables on the low-carb list.</p>	<p>4-6 ounces steak or bunless hamburger</p> <p>Spinach salad, mushrooms and hard-boiled eggs, topped with olive oil-and-vinegar or creamy salad dressing</p> <p>Green beans topped with toasted sliced almonds and butter</p> <p>Water, unsweetened tea, or coffee, with cream if desired</p> 