

Carbohydrate-free Meal ideas

Breakfast

- Fried/ poached/ boiled egg
- Fried/ poached/ boiled egg and bacon/ smoked salmon
- Fried/ poached/ boiled egg with avocado
- Avocado
- Cheese selection e.g. cheddar, brie, feta, mozzarella

Main Meals – moderate portions

- Omelette (without milk) – cheese and ham (or meat/ cheese/ vegetable of choice)
- Seasoned/smoked Fish (no breaded/ battered/ lightly coated varieties)
- Roast/grilled/baked/fried meat of choice e.g. gammon, chicken, beef, steak, lamb
- Chilli con Carne with meat/ vegetables of choice (without kidney beans or rice)
- Curry – Meat or vegetable (without rice)
- Stew/ Casserole (no flour/ potato)
- Homemade Beef/ Turkey/ Spiced lamb burger (no added breadcrumbs or bun)
- Cold meat/ fish salad
- Tofu

Accompaniments

- x1 tbsp mayo,
- olive oil/ extra virgin olive oil
- x1 tsp mustard
- x1 tbsp cider/red wine/malt vinegar
- Garlic/ Herb butter

Sides – (raw, boiled, steamed, fried)

Salad leaves/ celery sticks/ broccoli/ cucumber/ mushrooms/ bamboo shoots/
asparagus/ sprouts/ cabbage/ cauliflower/ beans (no baked beans) / avocado /
onions/ tomatoes.

Drinks

- Diet fizzy juice e.g. diet cola, diet orange, diet lemonade
- Mineral/ Tap water
- Carbonated water
- Some flavoured sparkling water (~ 0.5g CHO/250ml – always check labels)