



Trip Fitness Low Carb Sample Diet!

(Geared around a sample for a 200lb Male)

Meal 1 – Breakfast

- 3 Large Whole Eggs
- 1 Cup Spinach
- 1 oz Shredded Cheddar
- 2 oz 80/20 Ground Beef
- 1T Butter
- 2 Fish Oil Caps

Meal 2 – Mid Morning Snack

- 2 Large Hard Boiled Eggs
- 2 oz 80/20 Ground Beef
- 1 oz Cheddar Cheese
- 1 cup Raw Broccoli

Meal 3 – Lunch

- 4 oz Chicken Breast (or Turkey)
- 2 T Ground Flax Seed (adds fiber)
- 2 T Mayo
- 1 cup Broccoli

Meal 4 – Dinner

- 4 oz 80/20 Ground Beef (or any other beef)
- 1 oz Shredded Cheddar
- 2 T Sour Cream
- 2 Cups Romaine (or baby spinach)
- 1T Ranch or Blue Cheese Dressing

Meal 5 – Pre Bed Snack

- 1 Scoop of Low Carb Whey Protein
- 2 T Heavy Cream
- 2 T Flax Seed
- 1 T EVOO
- Water

Nutrient Totals

Calories: 2280

Fat: 160g, 62%

Carbohydrates: 35g – 19g Fiber = 16g, 4%

Protein: 167g, 29%