

## Daily Meal Plans: Low Carb On-the-Go

Please note: the original program has been modified and the daily allowances for carbs have increased. So, you may use the following menus as a guide, but remember you may add a bit more food of your own choice to complete your daily meal plan.

### EXTREME FAT BURN: SAMPLE DAY 1

NAME

Carbs/30g

Calories/1200

Breakfast: McDonalds 2 scrambled eggs (plain)

1.0g

170

Meal: Panera Power Mediterranean chicken salad

12.0g

360

Meal: Subway New Double Chicken Chopped Salad

10.0g

220

Snack: 2 big celery sticks with 2 tablespoons Marie's blue cheese dressing

5.0g

180

Snack: 3 sticks of string cheese

0.0g

240

Snack: 15 Almonds

2.7g

91

Total:

30.7g

1261

MODERATE FAT BURN: SAMPLE DAY 1

NAME

Carbs/30g

Calories/1200

Breakfast: Panera Power Breakfast: Egg White Bowl with Roasted Turkey

7.0g

190

Meal: Starbucks Chipotle Chicken Wrap

26.0g

290

Meal: Panera Power Chicken Hummus Bowl

23.0g

330

Snack: 2 hard boiled eggs

1.1g

154

Snack: 3 sticks of string cheese

0.0g

240

Snack: 15 Almonds

2.7g

91

Total:

59.8g

1295

SLOWER FAT BURN: SAMPLE DAY 1

NAME

Carbs/30g

Calories/1200

Breakfast: Wendy's Sausage & Egg Burrito

12.0g

270

Meal: Starbucks Chipotle Chicken Wrap

26.0g

290

Meal: Taco Bell Chicken Burrito

48.0g

420

Snack: 2 big stalks with 2 tablespoon Marie's blue cheese dressing

5.0g

180

Snack: 3 sticks of string cheese

0.0g

240

Snack: 15 Almonds

2.7g

154

Snack: Small apple with 2 tablespoons of Peanut Butter

28.0g

271

Total:

112.8

