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LOW CARBS MEAL PLAN
MAINS

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Breakfast	 Low Carb Peanut Butter Chocolate Bread	 Peanut Butter Chia Pudding	 Oat Zaatar Pancake With Labneh	 Mediterranean Omelette	 Blueberry Walnuts Overnight Oats
Lunch	 Fish Sayadieh	 Indian Chicken Butter	 Lemon Fish Summac	 Italian Chicken Orzo	 Pistachio Salmon With Couscous
Dinner	 Kale Quinoa Chicken Salad	 Meetball Quinoa Salad	 Beef Shawarma Plate	 Barbecue Shrimps Salad	 Chicken Fajita Salad

LOW CARBS MEAL PLAN
SIDES

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Side Dishes	 Tabbouleh	 Cauliflower Soup	 Harira Soup	 Italian Salad	 Greek Fetta Salad

LOW CARBS MEAL PLAN
SNACKS

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Snacks	 Labneh Avocado Dipped With Crackers	 Mhalabiyah With Dried Apricots Layer	 Kibbeh	 Lemon Cheesecake	 Green Detox