

# MARI'S LOW CAL-LOW CARB MEAL PLAN & SHOPPING LIST

## THE DIET

This low-carb and low-cal diet is a custom-made diet that actually works for me. This is not a fad diet, it's an actual lifestyle change. This plan consists of no more than 1400 calories a day. Many times it doesn't reach that high and stays about 1200 calories. This is because, without noticing, many of us consume upwards of 4,000-6,000 calories a day! We snack here, we taste a little there, we emotionally eat, stress eat, oooo popcorn! See, all of this adds up and it's detrimental to our health.

Understanding that we need to cut back on carbs and lower our calorie intake is what will make this diet work for you. I don't snack in between, because I know myself, and I WILL OVEREAT! Don't be like the old me! Understand that eating is meant to fuel our bodies and give it the nutrition it needs. Food is not meant to be as a comforting mechanism - although many of us use it as such.

The most important thing is to move. We can cut out all the carbs, all the calories, and we will never lose weight if we don't move. There are apps on your phone you can download for free if you can't make it to the gym. There are FREE YouTube videos if you can't get to a gym. Go take a walk 2x a day for 30 minutes at a time, BUT YOU HAVE TO MOVE!! I cannot stress that enough!

Fad diets work temporarily, but a lifestyle change is for life. The meals are filling enough that you can even feed the rest of your family.

## MY MANTRA IS THIS:

Move, Eat, Move!

The more we move, the more we lose, and the better we feel!

If you have any questions at all, please contact me, I can coach you through this and help you along!

Email: [mammahomemaker@gmail.com](mailto:mammahomemaker@gmail.com) or even call or text me: 740-461-0147

Sending you health and love,

*~Mari*

# SHOPPING LIST

\*\*PLEASE NOTE: THIS IS MY SHOPPING LIST AND MAY NOT CONTAIN EVERYTHING THAT YOU MAY NEED.

FRESH PRODUCE	MEAT/POULTRY/FISH
<p> <b>Lettuce</b>  <b>Mushrooms (Baby Bellas)</b>  <b>Spinach</b>  <b>Broccoli</b>  <b>Cauliflower</b>  <b>Kale</b>  <b>Onions</b>  <b>Garlic</b>  <b>Cabbage</b>  <b>Carrots</b>  <b>Tomatoes</b>  <b>Cilantro</b>  <b>Parsley (in garden)</b>  <b>Basil</b>  <b>Zoodles</b>  <b>Zucchini</b>  <b>Yellow Squash</b>  <b>Butternut Squash</b>  <b>Beets</b>  <b>Green Beans</b>  <b>Asparagus</b>  <b>Lemons</b>  <b>Cucumbers</b>  <b>Brussel Sprouts (for me)</b> </p>	<p> <b>90% Lean Ground Beef</b>  <b>Lean Beef</b>  <b>Pork Chops - no bone, no fat</b>  <b>Chicken Breast</b>  <b>Skinless Drumsticks and Thighs</b>  <b>Cod Fish</b>  <b>Whiting</b>  <b>Skate Fish</b>  <b>Salmon</b>  <b>Flounder or Whatever Filet is on Sale</b>  <b>Shrimp</b>  <b>Center Cut Bacon</b>  <b>Turkey Bacon</b>  <b>Beef Bacon</b>  <b>Eggs or Egg Beaters</b>  <b>Turkey Sausage (breakfast sausage)</b> </p>
FRUITS	DAIRY/NON DAIRY
<p> <b>Grapes</b>  <b>Blackberries</b>  <b>Cantaloupe</b>  <b>Peaches</b>  <b>Plums</b>  <b>Kiwi</b>  <b>Grapefruit</b>  <b>Avocado</b>  <b>Mango</b> </p>	<p> <b>Fat-Free Plain Greek Yogurt</b>  <b>No-Fat or 1% Milk</b>  <b>Fat-Free Half n Half</b>  <b>Fat-Free Greek Yogurt with</b>  <b>Non-Dairy Creamer</b>  <b>Light Mozzarella Sticks</b>  <b>Heavy Cream</b>  <b>Shredded Cheddar Cheese</b> </p>
NUTS/SEEDS/GRAINS (all nuts and seeds unsalted)	FREEZER SECTION
<p> <b>Almonds</b>  <b>Sunflower Seeds</b>  <b>Peanuts</b>  <b>Hazelnuts</b>  <b>Couscous</b>  <b>Farro (Barley)</b>  <b>Light Pasta (yes it exists)</b>  <b>Wild Grain Rice (in moderation)</b>  <b>Oatmeal</b> </p>	<p> <b>Frozen Fish</b>  <b>Frozen Vegetables (unseasoned)</b>  <b>Frozen Peas and Carrots</b>  <b>Cauliflower Rice</b>  <b>Other Veggies you may need like stirfry</b> </p>

## 7 DAY MEAL PLAN

Use Sunday as your Meal Prep Day for the whole week. Sometimes you can plan for the whole month if you buy in bulk.

**\*\*THIS MEAL PLAN IS FOR UP TO 1400 DAILY CALORIES\*\***

DAY	MEAL
SUNDAY	<p><b>Breakfast</b> - Scrambled eggs and 2 sausage patties with mixed fruit (350 Cal)</p> <p><b>Lunch</b> - Spinach salad with real bacon bits and homemade dijon dressing and a soup (375 Cal)</p> <p><b>Dinner</b> - Cod with spinach and tomato with a side of couscous and steamed asparagus (350 Cal)</p>
MONDAY	<p><b>Breakfast</b> - Loaded Spinach Omelette with one slice of cantaloupe (300 Cal)</p> <p><b>Lunch</b> - Mixed Salad Greens topped with light tuna in water (350 Cal)</p> <p><b>Dinner</b> - Broiled chicken thighs with a side of broccoli and mushrooms (400 Cal)</p>
TUESDAY	<p><b>Breakfast</b> - Oatmeal with fresh fruit (375 Cal)</p> <p><b>Lunch</b> - Chicken Salad With half avocado and cucumber crackers (425 Cal)</p> <p><b>Dinner</b> - Light Sloppy Joes With green beans and carrots and spinach salad (450Cal)</p>
WEDNESDAY	<p><b>Breakfast</b> - Loaded Spinach Omelette with mixed fruit (400 Cal)</p> <p><b>Lunch</b> - Minestrone soup and half a salad of your choice (upto 400 Cal)</p> <p><b>Dinner</b> - Pepper steak and wild grain rice with 2 oz naan bread (400 Cal)</p>
THURSDAY	<p><b>Breakfast</b> - Scrambled eggs and turkey bacon with 2 sliced strawberries (375 Cal)</p> <p><b>Lunch</b> - Grilled Chicken Breast Lettuce Wraps with Greek Yogurt Dressing (325 Cal)</p> <p><b>Dinner</b> - Beef and Vegetable Stirfry (think Lo-Mein) (450 Cal)</p>
FRIDAY	<p><b>Breakfast</b> - Eggwhite omelette with ham and veggies with mixed fruit (325 Cal)</p> <p><b>Lunch</b> - Half a ham sandwich with broth on side (325 Cal)</p> <p><b>Dinner</b> - Shrimp Florentine with roasted broccoli bacon wrapped asparagus (400 Cal)</p>
SATURDAY	<p><b>Breakfast</b> - Any Breakfast of your choice must have eggs! Up to 400 Calories</p> <p><b>Lunch</b> - Soup and Salad of your choice up to 400 Calories</p> <p><b>Dinner</b> - Grilled Salmon with Spinach and mixed vegetables (400 Cal)</p>

# MEAL PLAN RECIPES

## LOADED SPINACH OMELETTE:

### Ingredients:

- 2 eggs
- 4 small grape or mixed tomatoes - diced
- 1/2 small onion - diced
- 2 tsp butter-separated
- 1/2 cup spinach
- 1 tsp shredded cheddar
- 1 tsp homemade bacon bits
- Salt and pepper to taste

### Directions:

Add 1 tsp butter to a nonstick pan, add your tomatoes and onion. You can add salt to taste if you want to. Once the tomatoes and onions are tender and remove from pan. Clean out the pan, add remaining butter. Break your eggs and mix them up. Add them to the pan. Let sit for 2 mins. Cover to cook them. Flip omelet over. Spread the onion and tomato jam, add your spinach, bacon bits and cheese. Fold over and cover for 1 more minute, remove and enjoy! You can even have half of it for lunch - it's so filling!

## BAKED COD

### Ingredients:

- 4oz Cod Fish
- 1 clove Garlic - minced
- Parsley - chopped
- ½ lemon zested other half sliced into circles
- Salt and pepper to taste
- 1 tbsp olive oil

### Directions:

Line a shallow baking pan with aluminum foil lay the fresh cod on it and brush it with olive oil. Sprinkle with lemon zest, garlic, and parsley. Add salt and pepper to taste, lay a lemon slice on top. Bake for 20 minutes remove from oven lay on top of spinach and enjoy! You can have a side of couscous with this or another light grain.

## PEPPER STEAK

### Ingredients:

- Lean thin-sliced beef steak
- 1 red pepper sliced
- 1 green pepper sliced
- 1 onion sliced
- Salt and pepper to taste

### Directions:

Brown the meat and remove from pan. Sautee the peppers and onions until the onion is translucent, add back the beef and cook through. Add salt and pepper to taste, serve over wild grain rice.

~For more recipes, contact me!