

# Low Carb Breakfast Meal Planner

## 7-Day Low Carb Breakfast Ideas

### 01 MONDAY: AVOCADO AND EGG BOWL

- 1/2 avocado, mashed
- 2 eggs, scrambled or fried
- 1/4 cup cherry tomatoes, halved
- Salt and pepper to taste
- Optional: 1 tbsp chopped fresh herbs (chives, basil, or cilantro)

### 02 TUESDAY: GREEK YOGURT PARFAIT

- 1 cup full-fat Greek yogurt
- 1/4 cup mixed berries (strawberries, blueberries, raspberries)
- 2 tbsp chopped nuts (almonds, walnuts, or pecans)
- 1 tsp chia seeds
- Optional: 1/4 tsp vanilla extract or cinnamon

### 04 THURSDAY: CHIA SEED PUDDING

- 3 tbsp chia seeds
- 1 cup unsweetened almond milk
- 1/4 tsp vanilla extract
- 2 tbsp sliced almonds
- 1/4 cup berries
- Optional: 1 tbsp unsweetened coconut flakes

### 05 FRIDAY: SMOKED SALMON ROLL-UPS

- 3 oz smoked salmon
- 2 tbsp cream cheese
- 1/4 cucumber, cut into sticks
- 1 tsp capers (optional)
- Squeeze of lemon

### 03 WEDNESDAY: VEGGIE-PACKED OMELETTE

- 3 eggs
- 1/4 cup diced bell peppers
- 1/4 cup spinach
- 2 tbsp shredded cheese
- 1 tbsp butter or oil for cooking
- Salt and pepper to taste

### 06 SATURDAY: KETO PANCAKES

- 2 eggs
- 2 oz cream cheese
- 1/4 cup almond flour
- 1/2 tsp baking powder
- 1 tbsp butter for cooking
- Toppings: 1 tbsp butter, 1/4 cup berries

## Shopping List

### 01 PRODUCE

- Avocados
- Cherry tomatoes
- Mixed berries (strawberries, blueberries, raspberries)
- Bell peppers
- Spinach
- Cucumber
- Lemon
- Fresh herbs (chives, basil, or cilantro)

### 02 DAIRY AND EGGS

- Eggs
- Full-fat Greek yogurt
- Shredded cheese
- Cream cheese
- Butter

### 03 MEAT AND FISH

- Bacon
- Smoked salmon

### 04 PANTRY ITEMS

- Almond milk (unsweetened)
- Almond flour
- Chia seeds
- Mixed nuts (almonds, walnuts, pecans)
- Baking powder
- Vanilla extract
- Capers (optional)
- Coconut flakes (unsweetened, optional)

### 05 SPICES

- Salt
- Black pepper
- Cinnamon (optional)

## Meal Prep Tips

- Hard boil a batch of eggs for quick snacks or to add to salads.
- Chop vegetables in advance and store in airtight containers.
- Prepare chia seed pudding the night before.
- Cook bacon in bulk and store in the refrigerator for easy use.
- Make a large batch of keto pancakes and freeze for later use.