

College Menu: 1200 Calorie Plan

Extreme Fat Burn: Sample Day 1

Name	Carbs (30g)	Calories (1200)
Breakfast: Cheddar Cheese Omelet	1.6g	204
Lunch: Grilled Chicken Cobb Salad	6.0g	342
Lunch: Rotisserie-Style Chicken (2 pieces) with Cauliflower Au Gratin	12.0g	523
Snack: Apple Wedges	4.5g	17
Snack: 2 tablespoons of hummus and 2 medium stalks celery	5.5g	50
Snack: 2.6 ounces tuna in a pouch	1.0g	90
Total:	30.6g	1226

Moderate Fat Burn: Sample Day 1

Name	Carbs (51g)	Calories (1200)
Breakfast: Old Fashioned Oatmeal and Turkey Sausage Link	25.0g	589
Lunch: Tofu and Vegetable Teriyaki	14.0g	524
Lunch: Chipotle Orange Chicken	12.0g	359
Snack: 2 sticks of string cheese	0.0g	500
Snack: 6oz tuna in water	0.0g	597
Snack: 1 turkey hot dog	0.7g	502
Total:	51.7g	1161

Slower Fat Burn: Sample Day 1

Name	Carbs (76g)	Calories (1200)
Breakfast: Turkey Sausage and Egg Pizza	22.0g	262
Lunch: Blackened Tilapia with 1 cup Broccoli	8.0g	40
Lunch: Cheddar Chicken Taco	23.0g	400
Snack: Sweet Tomato Soup	16.0g	90
Snack: 1 turkey hot dog	0.7g	502
Snack: 2.6oz tuna in a pouch, drained, with 1/2 TBL light mayo	1.5g	508
Snack: Chicken Salad	4.0g	559
Total:	75.2g	1150

Maintenance: Sample Day 1

Name	Carbs (105g)	Calories (1200)
Breakfast: Chocolate Chip Butter-Trit. Pancakes	31.0g	200
Lunch: Turkey Burger with Pomegranate Salad	52.0g	443
Lunch: Chicken Noodle Soup	16.0g	537
Lunch: Chicken Salad	4.0g	559
Snack: 1 turkey hot dog	0.7g	502
Snack: 2.6oz tuna in a pouch, drained, with 1/2 TBL light mayo	1.5g	508
Total:	105.2g	1148

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The New 500 Low-Carb Recipes Dana Carpender, 2018-12-04 Since its publication over 15 years ago 500 Low Carb Recipes has become a classic in the low carb community earning author Dana Carpender the affectionate moniker low carb queen from her fans The book is now a bestseller with over half a million copies sold Low carb cooking has evolved A decade ago low carb menus relied on ingredients like artificial sweeteners unhealthy vegetable oils protein additives and processed foods from grocery store shelves like low carb branded snack bars and packaged meals Today s low carb cooking is influenced by larger food movements such as clean eating farm to table ingredients higher fat ratios thanks to the popularity of ketogenic diets and less stigmatization of foods that have substantial inclusion in a low carb diet namely animal foods and saturated fat due to the growth of the Paleo and traditional foods movements The New 500 Low Carb Recipes is the beloved cookbook updated for today s low carb movement

Super Low-Carb Snacks Martina Slajerova, Dana Carpender, Landria Voigt, 2019-08-06 Super Low Carb Snacks gives you 100 nutritious and delicious options for staying in the fat burning zone perfect for your keto Paleo or low glycemic diet or if you simply want snack options free from refined sugar and allergens such as grains gluten and dairy Snacks are essential for getting the proper amount of nutrients and keeping us energized during busy days at work school and the gym While most snacks are made of carb laden allergy provoking ingredients these low carb snack recipes are filled with healthy nourishing ingredients that you can feel good about including in your diet You ll find plenty of superfoods like coconuts sweet potatoes and almonds Many of the recipes are quick and easy to make and most take under 15 minutes to prepare The sweet and savory low carb snacks include Cauliflower Pizza Bites Zucchini Muffins Crispy Okra Sticks Chicken Maple Sausage Meatballs Cinnamon Donut Holes Pumpkin Snickerdoodle Fat Bombs Lemon Cheesecake Fat Bombs Stilton and Chive Fat Bombs Key Lime Smoothie and Creamy Keto Coffee With Super Low Carb Snacks you ll always be ready with a delicious wholesome snack to keep you going

Quick and Easy Low Carb Snacks Martina Slajerova, Dana Carpender, 2024-02-06 Feel great about snacking and stay in the fat burning zone with these 75 nutritious and delicious low carb recipes that are free from refined sugar and allergens such as grains gluten and dairy Snacks are essential for getting the proper amount of nutrients and keeping us energized during busy days at work school and the gym Quick and Easy Low Carb Snacks a shorter and more concise adaptation of Super Low Carb Snacks provides nourishing snack options that fit your keto Paleo or low glycemic diet While most snacks are made of carb laden allergy provoking ingredients these low carb snack recipes are filled with healthy ingredients that you can feel good about including in your diet You ll find plenty of superfoods like coconuts sweet potatoes and almonds Many of the recipes are quick and easy to make and most take under 15 minutes to prepare The sweet and savory low carb snacks include Cauliflower Pizza Bites Zucchini Muffins Crispy Okra Sticks Chicken Maple Sausage Meatballs Cinnamon Donut Holes Pumpkin Snickerdoodle Fat Bombs Lemon Cheesecake Fat Bombs Stilton and Chive Fat Bombs Key Lime Smoothie Creamy Keto Coffee With Quick and

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