

100 Net carb example

Breakfast:

- **Scrambled Eggs with Spinach and Mushrooms** (1 cup cooked spinach: 7g carbs, 1 cup sliced mushrooms: 2g carbs)
- **Half a Medium Avocado** (6g carbs)
- **One small apple** (20g carbs)

Total Carbs for Breakfast: 35g

Lunch:

- **Grilled Chicken Salad:**
 - Lettuce (1 cup: 2g carbs)
 - Cherry Tomatoes (10 tomatoes: 7g carbs)
 - Cucumber slices (1 cup: 4g carbs)
 - Sliced red bell pepper (½ cup: 6g carbs)
 - Olive oil and vinegar dressing (negligible carbs)

Total Carbs for Lunch: 19g

Dinner:

- **Grilled Ribeye Steak**
- **Steamed Broccoli** (1 cup: 11g carbs)
- **Medium Baked Potato** (1 medium: 37g carbs)

Total Carbs for Dinner: 48g

Snacks:

- **Almonds** (1 oz: 6g carbs)
- **Carrot sticks** (½ cup: 6g carbs)

Total Carbs for Snacks: 12g

Grand Total for the Day: 114g of carbs net carbs 98g

75 Grams

Breakfast:

- **Scrambled Eggs with Spinach and Diced Potatoes:**
 - Eggs (negligible carbs)
 - Spinach (1 cup cooked: 7g carbs, 4g fiber)
 - Diced potatoes (½ cup cooked: 15g carbs, 2g fiber)

Net Carbs for Breakfast: 16g

Lunch:

- **Turkey and Avocado Wrap:**
 - Whole wheat wrap (1 wrap: 24g carbs, 4g fiber)
 - Sliced turkey breast (negligible carbs)
 - Avocado (½ avocado: 9g carbs, 7g fiber)
 - Lettuce and tomato (2g net carbs)

Net Carbs for Lunch: 24g

Dinner:

- **Grilled Pork Chop with Mixed Vegetables:**
 - Pork chop (negligible carbs)
 - Sautéed green beans (1 cup: 10g carbs, 4g fiber)
 - Roasted carrots (½ cup: 8g carbs, 3g fiber)
 - Small serving of quinoa (¼ cup cooked: 17g carbs, 2g fiber)

Net Carbs for Dinner: 29g

Snacks:

- **Almonds and Berries:**
 - Almonds (1 oz: 6g carbs, 3g fiber)
 - Raspberries (½ cup: 7g carbs, 4g fiber)

Net Carbs for Snacks: 6g

Grand Total for the Day: 75g of net carbs

50 carbs

Breakfast:

- **Grilled Pork Sausage with Sautéed Bell Peppers:**
 - Pork sausage (2 links: negligible carbs)
 - Bell peppers (1 cup, sliced and sautéed: 9g total carbs, 3g fiber)

Net Carbs for Breakfast: 6g

Lunch:

- **Grilled Ribeye Steak with Sliced Avocado and a Side of Sautéed Zucchini:**
 - Ribeye steak (1 steak: negligible carbs)
 - Avocado (½ avocado: 9g total carbs, 7g fiber)
 - Zucchini (1 cup sautéed: 4g total carbs, 1g fiber)

Net Carbs for Lunch: 5g

Dinner:

- **Roast Chicken with Garlic Butter Mushrooms and Roasted Carrots and a Side of Sweet Potato:**
 - Roast chicken (1 serving: negligible carbs)
 - Mushrooms (1 cup sautéed: 4g total carbs, 1g fiber)

- Garlic butter (1 tbsp: negligible carbs)
- Carrots (1 cup roasted: 12g total carbs, 3.5g fiber)
- Sweet potato (½ medium: 20g total carbs, 3g fiber)

Net Carbs for Dinner: 33.5g

Grand Total for the Day: 44.5g of net carbs

25 carbs

Breakfast:

- **Fried Eggs with Sautéed Bell Peppers and a Side of Avocado:**
 - Eggs (2 fried: negligible carbs)
 - Bell peppers (1 cup, sautéed: 9g total carbs, 3g fiber)
 - Avocado (1/2 medium: 9g total carbs, 7g fiber)

Net Carbs for Breakfast: 8g

Lunch:

- **Grilled Ribeye Steak with Sautéed Green Beans:**
 - Ribeye steak (1 medium: negligible carbs)
 - Green beans (1 cup, sautéed in butter: 10g total carbs, 4g fiber)

Net Carbs for Lunch: 6g

Dinner:

- **Pork Belly with Roasted Asparagus and Sautéed Mushrooms:**
 - Pork belly (200g: negligible carbs)
 - Asparagus (1 cup, roasted: 5g total carbs, 2.5g fiber)
 - Mushrooms (1 cup, sautéed: 4g total carbs, 1g fiber)

- **Add a small side of roasted pumpkin** ($\frac{1}{2}$ cup: 5g total carbs, 1g fiber)

Net Carbs for Dinner: 10.5g

Total Net Carbs for the Day: 24.5g