

SUGARWISE LIVING · FREE GUIDE

Your 7-Day Low-Carb Meal Plan

A week of simple, satisfying meals with carb estimates — so you always know what's for dinner.

Educational guide — not medical advice · sugarwiseliving.com

HOW TO USE THIS PLAN

Welcome!

This plan gives you a week of balanced, lower-carb meals built around protein, vegetables and healthy fats.

- **Mix and match.** Swap any breakfast, lunch or dinner for another one from the same column.
- **Cook once, eat twice.** Leftover chili and egg roll bowls are planned in to save you time.
- **Adjust portions** to your appetite and the plan your care team has given you.
- **Drink water**, unsweetened tea or coffee, or sparkling water.

Use your CGM as a guide

Try checking your glucose before a meal and 1–2 hours after. Everyone responds differently — your CGM shows what works best for *you*.

About the numbers

Carb counts are rough estimates of total carbohydrate per serving, based on typical USDA values. Brands and portions vary, so check your labels. If you take insulin or medicines that can cause lows, talk to your care team before changing how you eat.

YOUR WEEK

7-Day Meal Plan

Day	Breakfast	Lunch	Dinner	Snack
Monday	Berry Crunch Yogurt Bowl* ≈20 g	Big salad: greens, grilled chicken, cucumber, feta, olive oil & lemon ≈8 g	Sheet-Pan Lemon Salmon & Asparagus* ≈6 g	Small handful of almonds (¼ cup) ≈7 g
Tuesday	2 Spinach & Feta Egg Muffins* + ½ cup strawberries ≈10 g	Tuna salad lettuce wraps + cucumber slices ≈6 g	Chicken Fajita Bowls* ≈17 g	String cheese + 10 baby carrots ≈8 g
Wednesday	Chocolate Peanut Butter Chia Pudding* ≈16 g	Cheeseburger Bowl* ≈10 g	Egg Roll in a Bowl* (leftovers) ≈8 g	2 hard-boiled eggs ≈1 g
Thursday	2 scrambled eggs, sautéed spinach, ½ avocado ≈11 g	Egg Roll in a Bowl* (leftovers) ≈8 g	Creamy Tuscan Chicken* + Roasted Broccoli* ≈18 g	½ apple + 1 tbsp peanut butter ≈13 g
Friday	2 Spinach & Feta Egg Muffins* + ½ cup strawberries ≈10 g	Big salad: greens, grilled chicken, cucumber, feta, olive oil & lemon ≈8 g	Garlic Butter Shrimp & Zoodles* ≈8 g	Celery & cucumber with 2 tbsp hummus ≈7 g
Saturday	Berry Crunch Yogurt Bowl* ≈20 g	Hearty Turkey Chili* (make a batch) ≈25 g	Almond-Crust Chicken Parm* + side salad ≈11 g	Small handful of almonds (¼ cup) ≈7 g
Sunday	2 scrambled eggs, sautéed spinach, ½ avocado ≈11 g	Hearty Turkey Chili* (leftovers) ≈25 g	Turkey burger patty + Cauliflower Mac & Cheese* ≈10 g	String cheese + 10 baby carrots ≈8 g

* Full recipe with ingredients, directions and carb counts in **Low-Carb Comfort Food**, part of the SugarWise Living bundle at sugarwiseliving.com.

SHOPPING

Quick grocery list

Produce

- ☐ Baby spinach & salad greens
- ☐ Bell peppers, onion, garlic
- ☐ Cucumber, celery, baby carrots
- ☐ Asparagus, broccoli, zucchini
- ☐ Cauliflower rice
- ☐ Coleslaw mix
- ☐ Berries, 1 apple, lemons, limes, avocado

Protein & dairy

- ☐ Eggs (2 dozen)
- ☐ Chicken breasts
- ☐ Ground beef & ground turkey
- ☐ Salmon, shrimp, canned tuna
- ☐ Plain Greek yogurt
- ☐ Cheddar, feta, Parmesan, string cheese
- ☐ Heavy cream

Pantry

- ☐ Olive oil
- ☐ Almonds, pecans, chia seeds
- ☐ Natural peanut butter
- ☐ Crushed tomatoes, kidney beans
- ☐ No-sugar-added marinara
- ☐ Almond flour
- ☐ Low-sodium soy sauce, spices
- ☐ Hummus

Want all 15 recipes — plus a plain-English guide to your CGM?

Get the SugarWise Living Bundle at sugarwiseliving.com.

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