

Day	Carb Level	Meal	Recipe Ideas
Day 1	High Carb (200-250g)	Breakfast	- Scrambled eggs with whole-wheat toast and avocado - Greek yogurt with berries and granola
		Lunch	- Chicken breast stir-fry with brown rice and vegetables - Salmon with quinoa and roasted sweet potato
		Dinner	- Lentil soup with whole-wheat bread - Vegetarian chili with brown rice
		Snack (Optional)	- Apple with almond butter - Cottage cheese with fruit
Day 2	Moderate Carb (100-150g)	Breakfast	- Oatmeal with nuts and seeds - Protein smoothie with berries and spinach
		Lunch	- Tuna salad on whole-wheat crackers - Turkey sandwich on whole-wheat bread with salad
		Dinner	- Baked chicken with roasted vegetables - Shrimp stir-fry with cauliflower rice
		Snack (Optional)	- Carrot sticks with hummus - Handful of mixed nuts
Day 3	Low Carb (50-75g)	Breakfast	- Eggs with spinach and mushrooms - Keto coffee (coffee with MCT oil and butter)
		Lunch	- Grilled chicken breast with salad (no croutons) - Tuna salad with lettuce wraps
		Dinner	- Salmon with roasted asparagus and broccoli - Steak with cauliflower mash
		Snack (Optional)	- Celery sticks with cream cheese - Keto fat bombs (made with nuts, seeds, and coconut oil)
Day 4 (Repeat)	High Carb	Refer to Day 1 Options	
Day 5	Moderate Carb	Refer to Day 2 Options	
Day 6	Low Carb	Refer to Day 3 Options	
Day 7 (Rest Day)	Moderate Carb	Focus on recovery and balanced meals	- Chicken breast with brown rice and vegetables - Salmon with quinoa and roasted sweet potato