

16 Low-carb meal ideas

Choose whether you want to eat these meals for breakfast, lunch or dinner. (Note that dinner must not be eaten late.) For frying, use olive oil, coconut oil or butter. For weight loss, vary your menus daily.

Meal idea 1: eggs or omelette

2 to 3 eggs – can be fried in olive oil or butter, or make an omelette, adding salt and pepper. Eat with salad or low-carb stir-fried vegetables such as tomato, capsicum, zucchini

Optional: add grated cheese

Meal idea 2: Yoghurt, nuts, seeds and fruit

Greek plain yoghurt with nuts (e.g. almonds, walnuts). and seeds (e.g. sunflower, pumpkin, sesame, flaxseeds). Add low sugar fruit such as sour green apple, passionfruit, kiwi fruit, plum or berries

Meal idea 3: Fish with low-carb cooked vegetables or salad

Meal idea 4: Meat/chicken with salad or cooked low-carb vegetables

Meal idea 5: Dahl (red lentils) with stir-fried low-carb vegetables or salad

Meal idea 6: Minced beef patties in tomato sauce

Make the sauce from stir-fried onion and add 1 can tinned tomatoes. Add salt, pepper, herbs and spices.

Meal idea 7: One pan minced beef and vegetables

Stir-fry onion, egg plant, capsicum, zucchini, cabbage. Set aside. Stir fry minced beef. Add the stir-fried vegetables and a can of tomatoes. Add salt and spices to your taste.

Meal idea 8: Zucchini Spaghetti Bolognese

Coarsely grate a zucchini. Place in a large pan and stir-fry in olive oil and a little salt. Set aside. Chop one onion. Stir fry onion in the pan with olive oil. Add beef mince and continue to stir fry. Add 1 can tomatoes, salt and Italian herbs. Place lid on pan and cook for half an hour. When done, serve the meat and tomato dish on top of the grated zucchini prepared beforehand.

Meal idea 9: Vege-lentil burgers

Drain a can of chick peas, or 1 cup cooked, drained brown lentils. Place them in a bowl and crush. In a pan, stir-fry onion, chopped zucchini, tomato, capsicum, or any other low-carb vegetables. Add them to the chick peas/lentils in the bowl. Add 2 eggs and mix. Place in spoonfuls into the hot pan, like making pancakes. Turn when ready.

Meal idea 10: Chia pudding

Mix 1 tablespoon chia seeds, ½ cup coconut cream, 2 passionfruit or ½ cup crushed berries. Let sit overnight.

Meal idea 11: Lentil soup

brown lentils, onions, garlic, diced carrot, zucchini, celery, cabbage, spices, salt,

Meal idea 12: Lettuce wraps

2-3 large lettuce leaves. Fill with chopped cooked chicken, 2 tablespoons hummus, tomato, red onion and 1 tablespoon pumpkin seeds, grated cheese

Meal idea 13: Avocado and egg salad

½ an avocado, chopped and sprinkled with salt, olive oil and lemon juice. Add chopped tomato, cucumber and celery.

Meal idea 14: Hummus with celery sticks

Blend, crush or whizz in a food processor: 1 can chick peas, 3 tablespoons tahini, 1 tablespoon olive oil, 1 tablespoon lemon juice, 1 teaspoon salt, pepper to taste or sweet paprika. Use as a dip for vegetable sticks such as celery or raw carrot.

Meal idea 15: Salmon or sardines and veg

Sardines and low-carb vegetables or salad – lettuce, cucumber, tomato, celery, avocado. Add olive oil and lemon dressing to the salad. (Salmon may be used instead of sardines, but avoid tinned tuna due to high mercury content.)

Meal idea 16: Chicken Tikka with cauliflower rice

Chop cauliflower very fine and stir-fry in a pan. Remove and set aside. Cook about half kilo of chicken pieces in the pan. Sprinkle with Moroccan or Indian spices while cooking. Remove from the pan and set aside. In the pan now stir-fry sliced onion. Add a can of tomatoes, 1 teaspoon salt, more spices and cook for about 10 minutes. Add the chicken to the pan. Stir in 1 cup coconut cream. Serve the chicken dish on top of the cauliflower rice.