7-Day High Protein, Low Carb Meal Plan

Daily Targets: Breakfast 30g protein + 2.5g leucine | Lunch 20g protein | Dinner 40-50g protein

Day	Breakfast (30g protein, 2.5g leucine)	Lunch (20g protein)	Dinner (40-50g protein)
Monday	3 eggs + 3 oz ground beef cooked in ghee, spinach	Chicken thigh salad with olive oil dressing, mixed greens	6 oz ribeye steak cooked in tallow, roasted Brussels sprouts in butter
Tuesday	4 eggs scrambled in butter + 2 oz smoked salmon	Tuna salad (5 oz) with olive oil mayo, celery	8 oz pork chops cooked in coconut oil, cauliflower mash with ghee
Wednesday	Protein smoothie: 1 scoop whey isolate, 2 eggs, coconut oil, heavy cream, water	Turkey roll-ups (4 oz) with cheese, avocado	6 oz salmon cooked in butter, asparagus roasted in olive oil
Thursday	3 eggs + 3 oz ground turkey cooked in coconut oil, mushrooms	Sardines (4 oz) with olive oil, cucumber salad	8 oz lamb chops cooked in tallow, zucchini noodles with garlic butter
Friday	4 egg omelet with 2 oz ham, cooked in ghee, cheese	Rotisserie chicken breast (3.5 oz) with olive oil, arugula	7 oz grass-fed beef burger patties (no bun) in butter, side salad
Saturday	Greek yogurt (full fat, 1.5 cups) + 1 scoop whey protein, walnuts	Shrimp (5 oz) sauteed in garlic butter, spinach	6 oz chicken thighs cooked in coconut oil, broccoli in ghee
Sunday	3 eggs + 3 oz bacon, cooked in bacon fat, avocado	Canned salmon (5 oz) with olive oil mayo, lettuce wraps	8 oz bison steak cooked in butter, cauliflower rice with olive oil

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Notes: All meals emphasize high protein, healthy fats (tallow, ghee, grass-fed butter, coconut oil, olive oil), and very low carbs. Leucine-rich foods include beef, eggs, whey protein, salmon, and chicken. Adjust portions based on individual needs. Stay hydrated and consider supplementing electrolytes on very low-carb diets.