

Bill's Weekly Low Carbohydrate Meal Plan

My friend Bill had asked me to build him a weekly low carb meal plan. I figured I would kill two birds with one stone—so to speak—and post it on my site. At that time, it was www.bentmileshealth.com. However, HostGator—my hosting company—at that time had become unbearable. I had to just give up on that site. Now I'm back with Wix and am going through the growing pangs of learning. So just bear with us, loyal readers and we will conquer this woolly bully together.

That being said: no meal plan should have weight loss as its sole goal. Weight loss should be a pleasant side effect of healthy eating. The actual goal should be a return to good health, both mental and physical. To this end, I recommend the reading of:

- Dr. Mark Hyman
 - Diet Doctor (website)
 - Dr. Jason Fung
 - The Big Fat Surprise
 - Misguided Medicine
 - Why We Get Sick
- Metabolical
 - Pure White and Deadly
 - The Diabetes Solution
 - The Sugar Solution

Disclaimer: I'm not a medical professional of any nature. No recommendations within this document—or on this site—should be construed as medical advice. If you are taking medicine of any type, I will not tell you to discontinue or to continue. That decision is strictly between my clients and their primary care providers.

With over 50% of Americans having diabetes or prediabetes¹, it is said we are currently in a diabetes epidemic.

“Today, it is estimated that over 30 million American adults have diabetes (90-95% have type 2 and 5-10% have type 1), and another 80 million (that's 1 out of every 4 people over 18!) have what is called prediabetes, a condition that puts them at increased risk of developing type 2.

In fact, type 2 diabetes is one of the fastest growing chronic diseases worldwide and, if not well cared for, can lead to serious medical complications such as eye, kidney and heart disease.”²

So now let's get to the meat of the matter: Bill's seven-day low carbohydrate meal plan.

Day One Breakfast



Who does not like bacon and eggs? This has become a staple on many folks' ketogenic tables. Do not be afraid of them. Think “heart

healthy foods, diabetic friendly”. This will not raise your blood sugar as depicted here:



¹ Healthline August 20, 2018 More Than Half of U.S. Adults Have Diabetes or Prediabetes
Chuck Green

² Juan Pablo Frias, MD Taking Control of Your Diabetes May 17, 2018

Bill's Weekly Low Carbohydrate Meal Plan

Day One Lunch



Cut up some bacon. Once done, add two or three eggs with garlic and onion: scramble. Dish it to a large bed of your favorite salad greens. Garnish with walnuts and chia seeds. Mix your own fermented veggies and olive or MCT oil dressing.

Day One Dinner: “Fresh Cooked Salmon”



Fry your salmon in butter on medium heat to prevent oxidizing the oil. Brown to your liking and serve with a large salad of your choice. Just make sure you get copious amounts of fat. The short to medium chain fatty acid, butyrate, found in butter, will feed your good gut microbes and will not add to your waistline. Being a saturated fat, butter is very stable and not inclined to oxidize or turn rancid. The omega 3 long chain polyunsaturated fats—in the salmon—will cool down the inflammation and help ease the pain in your joints.

Add a copious amount of MCT oil to your salad to feed your brain. These medium chain triglycerides have been known to improve brain fog, treat Alzheimer's disease, as well as squelch inflammation and produce ketones for cleaner burning fuel for the brain and body.

Day Two Breakfast



Day Two Lunch



Stuffed pepper with cheese and cooked veggies of your choice.

Day Two Dinner



A good thick soup maybe with a salad.

Day Three Breakfast



Western omelet with your choice of stuffing.

Bill's Weekly Low Carbohydrate Meal Plan

Day Three Lunch



Salad of your choice

Day Three Dinner



Fish of your choice and salad

Day Four Breakfast



Scrambled eggs with cheese, butter, and pepper.

Day Four Lunch



Salad of your choice

Day Four Dinner



Steak smothered in onions and your choice of vegetables.

Day Five Breakfast



Your favorite veggies with scrambled eggs and cheese

Day Five Lunch



Your choice of salad with or without meat.

Day Five Dinner



Porkchop and salad.

Day Six Breakfast



Omelet with your choice of stuffing, bacon, and a vegetable of your choice.

Bill's Weekly Low Carbohydrate Meal Plan

Day Six Lunch



Chicken, on a bed of mixed veggies and black-eyed peas

Day Six Dinner



Mussels in tomato Sause and salad.

Day Seven Breakfast



Just kidding!!!

This is as close as a diabetic should ever get to pancakes and syrup.



Day Seven Lunch



Fish of your choice with salad.

Day Seven Dinner



Chopped steak smothered in onion



Go to [diet doctor.com](http://dietdoctor.com) to find no grain recipe for bread.