

# 1800 CALORIE LOW CARB MENU



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# SAMPLE MENU

REGULAR LCHF



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEAL 1	Bacon & eggs	Mexican beef mince	Bacon & eggs	Chicken carbonara	Quick & easy burrito bowls	Banana pancakes	FAST
MEAL 2	Mexican beef mince	Bacon & cheese crustless quiche	Chicken carbonara	Quick & easy burrito bowls	Bocconcini salad	Bocconcini salad	Baked fish
MEAL 3	Chicken & avocado salad	Chicken, pumpkin & spinach salad	Two minute salad	Two minute salad	Naked burger	TAKE AWAY	Sunday lamb roast

# INSTRUCTIONS

## FOR STRONG MINDS AND BODIES

1. Try and utilise the concept of dinner for breakfast. This makes sure you eat enough protein at breakfast and that you eat most of your energy earlier in the day. Both of these strategies have been shown to be useful for losing weight. To implement this strategy, try and cook two meals on the night you cook, and do some prep on the weekends. It's also a good idea to make enough food at dinner, to have left overs for lunch.
2. If it's not possible to eat like this, don't sweat it. Dinner for breakfast is simply another health strategy. Just reorder the meals in such a way that suits you. Remember - food works for you. Not the other way around.
3. Protein is the most important nutrient for improving your body composition. So make sure you calculate your protein requirements then weigh and measure your protein for a few days to make sure you're getting enough. If you're weight training, your protein needs are 1.6-2.2g/kg/day.
4. If you want to switch out a low carb meal for a non-low carb meal, go for it! I eat LCHF approximately 80% of the time and more flexibly the other 20% of the time. Just run your meals through My Fitness Pal (or other nutrition app) and get your calorie and macro calculations for the meal.
5. For women, it is especially important to focus on getting enough iron, zinc, selenium and iodine for thyroid health. This makes seafood a superior food choice and should be included weekly.
6. The best diet is one that is loaded with vitamins and minerals. Choose different proteins, veggies and fruits to ensure you get all the micronutrients you need.

# Bacon & Eggs

2 SERVES

PREP: 5 MINUTES

COOK: 10 MINUTES

## INGREDIENTS

150g bacon

4 large eggs

15g butter for cooking

1/2tsp rock salt

1/4tsp black pepper

## INSTRUCTIONS

Cook the bacon and eggs to your preference.

## NOTES:

You can add (or take away) anything you like to this quick little cook up

Nutrition Facts	
Bacon and Eggs	
Amount Per Serving	
Calories 608	Calories from Fat 423
% Daily Value*	
<b>Total Fat</b> 47g	<b>72%</b>
Saturated Fat 17g	<b>85%</b>
Polyunsaturated Fat 5g	
Monounsaturated Fat 19g	
<b>Cholesterol</b> 523mg	<b>174%</b>
<b>Sodium</b> 2358mg	<b>98%</b>
<b>Potassium</b> 563mg	<b>16%</b>
<b>Total Carbohydrates</b> 2g	<b>1%</b>
Dietary Fiber 0.1g	<b>0%</b>
Sugars 1g	
<b>Protein</b> 40g	<b>80%</b>
Vitamin A	15%
Vitamin C	0.1%
Calcium	7%
Iron	16%

\* Percent Daily Values are based on a 2000 calorie diet.

# Mexican Beef Mince

8 SERVES

PREP: 10 MINUTES

COOK: 15 MINUTES

## INGREDIENTS

1kg regular beef mince  
150g brown onion (diced)  
2 cloves garlic  
3tsp ground cumin  
1tsp paprika  
2tsp ground coriander  
1tsp chilli flakes to taste  
1tsp garlic powder  
1tsp onion powder  
2tbsp tomato paste  
1tsp butter for cooking  
1/2tsp pepper to taste  
1tsp rock salt to taste

## INSTRUCTIONS

Heat butter in pan and fry onions and garlic until transparent and fragrant.

Add mince and cook through.

Add spices to mince in pan and fry for 5 minutes, stirring frequently.

Add the tomato puree and cook on low-medium heat for 10 minutes.

Add a little more water if the mixture becomes too dry.

## NOTES:

Serve with guacamole, sour cream & cheese (nachos or tacos)

You can also add chopped vegetables such as capsicum, celery, carrots and fresh chillies or you can add a can of beans for additional protein and fibre.

## Nutrition Facts

Mexican Beef Mince

Amount Per Serving

Calories 370      Calories from Fat 216

% Daily Value\*

<b>Total Fat</b> 24g	<b>37%</b>
Saturated Fat 9g	<b>45%</b>
Polyunsaturated Fat 1g	
Monounsaturated Fat 11g	
<b>Cholesterol</b> 111mg	<b>37%</b>
<b>Sodium</b> 748mg	<b>31%</b>
<b>Potassium</b> 527mg	<b>15%</b>
<b>Total Carbohydrates</b> 5g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 2g	
<b>Protein</b> 32g	<b>64%</b>
Vitamin A	8%
Vitamin C	8%
Calcium	5%
Iron	25%

\* Percent Daily Values are based on a 2000 calorie diet.

# Quick & Easy Burrito Bowls

6 SERVES

PREP: 10 MINUTES

COOK: 30 MINUTES

## INGREDIENTS

1kg chicken thigh  
2 tsp curcumin  
2 tsp ground coriander  
1 tsp smoked paprika  
1 tsp garlic powder  
1 tsp onion powder  
1 cubes beef stock or broth or liquid stock  
1 large avocado (mashed)  
6 tbsp sour cream  
1/2 head ice-burg lettuce (shredded)  
2 medium tomatoes (diced)  
1 small lime (optional)  
butter for cooking  
water if not using liquid stock or broth

## INSTRUCTIONS

Turn on the BBQ or turn a frypan to medium heat.  
Flatten the chicken thighs and cook on the BBQ or in the frypan.  
Once the chicken is cooked, use a fork to shred it.  
Turn on a frypan to a low heat and melt the butter.  
Add the shredded chicken, spices and stock cubes to the pan.  
A little at a time, add some water to the pan until all the chicken is completely covered in the spice mixture.  
Once the chicken is completely covered, season with salt and pepper and remove from the heat.  
Serve with mashed avocado, lettuce, tomato, black beans (optional) and sour cream or any accompaniment you like! Drizzle some lime juice over the top.

## NOTES:

You can also have the following accompaniments with your burrito bowl: lettuce, tomato, corn, salsa....whatever you like!!

## Nutrition Facts

Quick and Easy Burrito Bowls

Amount Per Serving

Calories 491

Calories from Fat 297

% Daily Value\*

Total Fat 33g 51%

Saturated Fat 10g 50%

Polyunsaturated Fat 6g

Monounsaturated Fat 13g

Cholesterol 163mg 54%

Sodium 810mg 34%

Potassium 567mg 16%

Total Carbohydrates 5g 2%

Dietary Fiber 2g 8%

Sugars 1g

Protein 43g 86%

Vitamin A 16%

Vitamin C 12%

Calcium 4%

Iron 13%

\* Percent Daily Values are based on a 2000 calorie diet.

# Chicken, & Pine Nut Salad

4 SERVES

PREP: 10 MINUTES

COOK: 15 MINUTES

## Nutrition Facts

Chicken, pumpkin, spinach, feta and pine nut salad

### Amount Per Serving

Calories 497      Calories from Fat 351

### % Daily Value\*

<b>Total Fat</b> 39g	<b>60%</b>
Saturated Fat 14g	<b>70%</b>
Polyunsaturated Fat 10g	
Monounsaturated Fat 11g	

<b>Cholesterol</b> 102mg	<b>34%</b>
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<b>Sodium</b> 807mg	<b>34%</b>
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<b>Potassium</b> 892mg	<b>25%</b>
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<b>Total Carbohydrates</b> 12g	<b>4%</b>
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Dietary Fiber 3g	<b>12%</b>
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Sugars 4g	
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<b>Protein</b> 28g	<b>56%</b>
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Vitamin A	<b>230%</b>
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Vitamin C	<b>41%</b>
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Calcium	<b>33%</b>
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Iron	<b>26%</b>
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\* Percent Daily Values are based on a 2000 calorie diet.

## INGREDIENTS

200g chicken breast or thigh

1cloves garlic (minced/crushed)

2tsp paprika

250g baby spinach (enough for 4 serves)

250g pumpkin (cubed)

200g feta cheese (I prefer Danish but any feta is fine as long as it is full fat)

100g pine nuts

30grams butter for cooking

1tsp extra virgin olive oil (to serve)

## INSTRUCTIONS

Slice the pumpkin into small cubes then steam until soft but still keeping its shape

Slice the chicken into small strips then season with garlic, paprika, salt and pepper

Cook the chicken until it has only just cooked through (so it's not too dry)

While the chicken and pumpkin is cooking, wash and dry the spinach and place in a salad bowl (you may choose to wilt it slightly in the steamer)

Put the chicken, pumpkin, feta and pine nuts into the bowl with the spinach. Toss lightly and season with olive oil, salt and pepper.

# Chicken & Avocado Salad

2 SERVES

PREP: 5 MINUTES

COOK: 10 MINUTES

## Nutrition Facts

Chicken and Avocado Salad

Amount Per Serving

Calories 436      Calories from Fat 261

% Daily Value\*

Total Fat 29g      45%

Saturated Fat 11g      55%

Polyunsaturated Fat 5g

Monounsaturated Fat 10g

Cholesterol 101mg      34%

Sodium 765mg      32%

Potassium 1777mg      51%

Total Carbohydrates 15g      5%

Dietary Fiber 8g      32%

Sugars 3g

Protein 35g      70%

Vitamin A      464%

Vitamin C      119%

Calcium      37%

Iron      46%

\* Percent Daily Values are based on a 2000 calorie diet.

## INGREDIENTS

150g chicken breast (sliced into strips)

15g butter for cooking

1 clove garlic (crushed)

1tsp paprika

1/2 large avocado

2 cups spinach

50g feta cheese prefer Danish or Persian

15g pine nuts

## INSTRUCTIONS

Season the chicken with salt, pepper, garlic and paprika

Cook the chicken on a medium heat being mindful not to burn the garlic

While the chicken is cooking, slice the avocado and feta

You may want to wilt the spinach first, if not, simply wash, dry then place in a bowl

Add the avocado, feta and pine nuts

Take the chicken off the heat and slice

Add the chicken to salad and serve

## NOTE:

Serve with a drizzle of olive oil

# Chicken Carbonara

6 SERVES

PREP: 20 MINUTES

COOK: 30 MINUTES

## Nutrition Facts

Chicken Carbonara

Amount Per Serving

Calories 661      Calories from Fat 432

**% Daily Value\***

**Total Fat** 48g      **74%**

Saturated Fat 25g      **125%**

Polyunsaturated Fat 4g

Monounsaturated Fat 16g

**Cholesterol** 232mg      **77%**

**Sodium** 1101mg      **46%**

**Potassium** 651mg      **19%**

**Total Carbohydrates** 6g      **2%**

Dietary Fiber 1g      **4%**

Sugars 2g

**Protein** 46g      **92%**

Vitamin A      27%

Vitamin C      5%

Calcium      6%

Iron      11%

\* Percent Daily Values are based on a 2000 calorie diet.

## INGREDIENTS

750g chicken breast sliced into even strips

100g bacon pieces

300g mushrooms (sliced)

400ml cream

50g butter

1 small onion (diced)

4 cloves garlic (crushed or sliced)

1/2 cup white wine (optional)

1/2 tsp rock salt to taste

1/4 tsp black pepper

## INSTRUCTIONS

Turn on the frypan and melt the butter. Add 2 cloves of garlic and sauté for 2 minutes. Slice the chicken into thinner pieces then fry in the frypan until cooked though. Set aside.

In the same pan, melt the rest of the butter and then sauté the onion, garlic and mushroom in the butter.

Pour in a the wine and allow the alcohol to burn off (optional)

Add the bacon pieces, mushrooms and the cream

Bring to the boil then reduce to a simmer for 15-20 minutes

Place the chicken on a individual plates and cover with the carbonara mix

## NOTES:

Serve with seasonal vegetables or creamy cauliflower mash.

For extra veggies in the diet you can add peas, corn and beans etc.

You can also put a raw egg yolk as a garnish when you serve (make sure you don't serve the egg white)

You can also add the cooked chicken back to the carbonara mix rather than serve it on the plate first.

# Bacon & Cheese Quiche

4 SERVES

PREP: 15 MINUTES

COOK: 30 MINUTES

## INGREDIENTS

8 large eggs

1/2cup cream

150g bacon (finely sliced and fried)

30g Gouda cheese grated (any hard cheese is fine)

125g cherry tomatoes halved (optional)

1/2tsp rock salt to taste

1/2tsp black pepper

## INSTRUCTIONS

Preheat your oven to 180 °C.

Mix the eggs with the cream and seasoning until well combined.

Stir in the grated cheese.

Pour into a baking dish, before spreading over the bacon and tomatoes, evenly.

Bake for approximately 30 minutes – or until set and golden brown.

Serve warm with a salad.

Nutrition Facts	
Bacon And Cheese Crustless Quiche	
Amount Per Serving	
<b>Calories</b> 486	Calories from Fat 351
% Daily Value*	
<b>Total Fat</b> 39g	<b>60%</b>
Saturated Fat 16g	<b>80%</b>
Polyunsaturated Fat 4g	
Monounsaturated Fat 15g	
<b>Cholesterol</b> 514mg	<b>171%</b>
<b>Sodium</b> 1371mg	<b>57%</b>
<b>Potassium</b> 455mg	<b>13%</b>
<b>Total Carbohydrates</b> 4g	<b>1%</b>
Dietary Fiber 0.5g	<b>2%</b>
Sugars 2g	
<b>Protein</b> 29g	<b>58%</b>
Vitamin A	25%
Vitamin C	7%
Calcium	14%
Iron	14%
* Percent Daily Values are based on a 2000 calorie diet.	

# 2 Minute Salad

4 SERVES

PREP: 5 MINUTES

COOK: 2 MINUTES

## INGREDIENTS

500g beef strips

500g packet coleslaw (no mayonnaise on the coleslaw)

1tbsp soy sauce

1tsp garlic powder (more or less to taste)

1tsp honey (more or less to taste)

1tsp sesame seeds

1tbsp butter for cooking

## Nutrition Facts

Two Minute Salad

Amount Per Serving

Calories 277      Calories from Fat 108

**% Daily Value\***

**Total Fat** 12g      **18%**

Saturated Fat 4g      **20%**

Polyunsaturated Fat 2g

Monounsaturated Fat 2g

**Cholesterol** 77mg      **26%**

**Sodium** 1238mg      **52%**

**Potassium** 249mg      **7%**

**Total Carbohydrates** 22g      **7%**

Dietary Fiber 4g      **16%**

Sugars 3g

**Protein** 23g      **46%**

Vitamin A      11%

Vitamin C      68%

Calcium      5%

Iron      14%

\* Percent Daily Values are based on a 2000 calorie diet.

## INSTRUCTIONS

Put the beef strips in a large bowl and add honey, soy, garlic and sesame seeds to the bowl. Mix well then cover with cling-wrap and put in the fridge for a few hours.

Put a frypan on the stove and turn to medium-high heat. Add the butter to the pan.

Open the packet of coleslaw (shredded cabbage and carrot). Place in a large bowl and set aside.

Once the frypan is hot, add the beef strips and cook until just brown (approximately two minutes). Take off the heat and add to the bowl of coleslaw. Tip the remaining sauce over the salad. Toss and garnish with extra sesame seeds.

## NOTES:

If the salad is a little dry consider using a little oil (sesame or olive oil) or a some mayonnaise. If using mayonnaise, mix the mayonnaise through the salad before adding the beef strips.

# Naked Burgers

4 SERVES

PREP: 10 MINUTES

COOK: 20 MINUTES

## INGREDIENTS

500g mince

1tsp garlic powder

1tsp mixed herbs

1tsp paprika

1pinch salt and pepper

4 large leaves ice-burg lettuce

1tbsp butter for cooking

hamburger toppings i.e. cheese,  
bacon, egg, beetroot, pineapple,  
pickle, tomato, onion

## INSTRUCTIONS

Mix the hamburger ingredients in a bowl by hand

Roll into 4 balls and then shape into burgers

Either BBQ them on a medium heat or fry them in butter in a pan.

Add each burger to a lettuce leaf and then add your favourite toppings and wrap with the lettuce leaf. If necessary, secure with a toothpick or skewer.

## Nutrition Facts

Naked Burger

Amount Per Serving

Calories 376

Calories from Fat 234

% Daily Value\*

**Total Fat** 26g **40%**

Saturated Fat 11g **55%**

Polyunsaturated Fat 1g

Monounsaturated Fat 11g

**Cholesterol** 118mg **39%**

**Sodium** 502mg **21%**

**Potassium** 390mg **11%**

**Total Carbohydrates** 1g **0%**

Dietary Fiber 0.4g **2%**

Sugars 0.4g

**Protein** 32g **64%**

Vitamin A **8%**

Vitamin C **1%**

Calcium **4%**

Iron **17%**

\* Percent Daily Values are based on a 2000 calorie diet.

# Bocconcini Salad

6 SERVES

PREP: 5 MINUTES

## Nutrition Facts

Bocconcini Salad	
Amount Per Serving	
Calories 239	Calories from Fat 171
% Daily Value*	
<b>Total Fat</b> 19g	<b>29%</b>
Saturated Fat 7g	35%
Trans Fat 0.4g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 4g	
<b>Cholesterol</b> 33mg	<b>11%</b>
<b>Sodium</b> 31mg	<b>1%</b>
<b>Potassium</b> 480mg	<b>14%</b>
<b>Total Carbohydrates</b> 8g	<b>3%</b>
Dietary Fiber 3g	12%
Sugars 2g	
<b>Protein</b> 11g	<b>22%</b>
Vitamin A	77%
Vitamin C	29%
Calcium	18%
Iron	9%

\* Percent Daily Values are based on a 2000 calorie diet.

## INGREDIENTS

250g tomatoes  
1 large avocado  
100g cucumber  
250g baby bocconcini  
200g spinach leaves  
50g toasted seeds (e.g. sunflower, pumpkin, pine nuts)

## INSTRUCTIONS

Add all ingredients except leaves and seeds to a bowl, toss.  
Plate up over leaves, drizzle with olive oil and sprinkle with seeds and or nuts.

## NOTES:

You can add chicken or lamb to this salad to increase the protein.

# Banana Pancakes

6 SERVES

PREP: 15 MINUTES

COOK: 10 MINUTES

Nutrition Facts	
Banana Pancakes	
Amount Per Serving	
Calories 183	Calories from Fat 36
	% Daily Value*
<b>Total Fat</b> 4g	6%
Saturated Fat 1g	5%
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 116mg	39%
<b>Sodium</b> 161mg	7%
<b>Potassium</b> 380mg	11%
<b>Total Carbohydrates</b> 26g	9%
Dietary Fiber 3g	12%
Sugars 11g	
<b>Protein</b> 13g	26%
Vitamin A	4%
Vitamin C	13%
Calcium	8%
Iron	13%
* Percent Daily Values are based on a 2000 calorie diet.	

## INGREDIENTS

- 2 large bananas, mashed
- 2 large eggs
- 1 tsp cinnamon
- 1/2 tsp bicarbonate of soda
- 2 scoops protein powder

## INSTRUCTIONS

Separate the eggs into yolks and whites. Whisk the egg whites until soft peaks have formed.

Add the banana, egg yolks and remaining ingredients to a bowl and mix until a smooth batter forms.

Fold in the egg whites a bit at a time, making sure each section is fully mixed before adding any more egg whites.

Heat the fry pan to a medium heat and melt the butter in the pan. Place spoonfuls of mixture into the pan and flip when bubbles form on the surface.

Serve with berries and cream or butter and a drizzle of maple syrup.



# Lamb Roast

6 SERVES

PREP: 20 MINUTES

COOK: 90 MINUTES

Nutrition Facts	
Sunday Lamb Roast	
Amount Per Serving	
Calories 598	Calories from Fat 360
% Daily Value*	
Total Fat 40g	62%
Saturated Fat 15g	75%
Polyunsaturated Fat 3g	
Monounsaturated Fat 18g	
Cholesterol 160mg	53%
Sodium 1141mg	48%
Potassium 1030mg	29%
Total Carbohydrates 15g	5%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 43g	86%
Vitamin A	50%
Vitamin C	48%
Calcium	6%
Iron	24%

\* Percent Daily Values are based on a 2000 calorie diet.

## INGREDIENTS

1kg lamb roast (you can use any roast you like)

200g potato (cubed)

200g cauliflower (sliced)

200g pumpkin sliced (with the skin left on)

200g mushrooms (sliced)

200g onion (cut into quarters)

2tbsp extra virgin olive oil

1tsp rock salt

1tsp black pepper

1tbsp fresh rosemary or other herbs of your choosing

## INSTRUCTIONS

Follow the cooking instructions for the roast. When the roast has about 45 minutes left of cooking time, add as many of the roast veggies to the roast pan. With the remaining veggies, put them in a second pan and cover liberally with olive oil. Season with salt, pepper and fresh herbs.

Cook veggies until they are soft. Serve hot with the roast.