

# 50 Low Carb Meals & Snacks Printable

Simple breakfast, lunch, dinner, and snack ideas for easier meal planning

Use this printable when you need quick meal inspiration without overthinking what to make next.

Inside, you will find simple ideas for:  
Breakfast • Lunch • Dinner • Snacks & Cravings

Print it, save it, or keep it nearby when planning simple meals for the week.

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## How to Use This Printable

- Circle 5 to 7 ideas you want to try this week.
- Mix protein, vegetables, and satisfying sides so meals feel complete.
- Use the snack section when cravings hit or you need something quick.
- Write your favorite choices in the meal table at the end.

Note: This printable is for general recipe inspiration only. It is not medical advice or a strict diet plan. Do not skip meals. If you have a medical condition, follow a special diet, or are unsure what is right for you, ask a qualified health professional.

# Low Carb Breakfast & Lunch Ideas

## Breakfast Ideas

1. Scrambled eggs with spinach and cheese	9. Smoked salmon with cream cheese cucumber bites
2. Greek yogurt with a few berries and chia seeds	10. Low carb breakfast bowl with eggs and avocado
3. Egg muffins with vegetables	11. Egg salad lettuce cups
4. Cottage cheese with cucumber and black pepper	12. Chia pudding made with unsweetened almond milk
5. Omelet with mushrooms, peppers, and cheese	13. Breakfast sausage with sauteed zucchini
6. Avocado egg bowl	14. Cheese and veggie egg bake
7. Boiled eggs with sliced cucumber	15. Tuna cucumber plate
8. Turkey and cheese roll-ups	

## Lunch Ideas

16. Grilled chicken salad with avocado	24. Turkey, cheese, and pickle roll-ups
17. Turkey lettuce wraps with cheese	25. Shrimp avocado salad
18. Tuna salad cucumber boats	26. Chicken zucchini bowl
19. Chicken Caesar salad without croutons	27. Cobb salad with eggs, bacon, and avocado
20. Egg salad lettuce cups	28. Cucumber sandwich bites with turkey and cheese
21. Bunless burger bowl with salad	29. Grilled chicken with roasted broccoli
22. Chicken and cucumber ranch bowl	30. Salmon salad bowl
23. Low carb taco salad	

Tip: Choose meals that feel satisfying and balanced. Low carb does not mean skipping meals.

## Low Carb Dinner Ideas

31. Garlic butter chicken with green beans	41. Baked cod with roasted zucchini
32. Baked salmon with asparagus	42. Sausage and cabbage skillet
33. Taco lettuce bowls with seasoned beef	43. Creamy Tuscan chicken with spinach
34. Chicken Alfredo over zucchini noodles	44. Turkey burger patties with cucumber salad
35. Turkey meatballs with roasted vegetables	45. Beef and broccoli skillet
36. Steak with cauliflower mash	46. Chicken parmesan with zucchini noodles
37. Lemon herb chicken with broccoli	47. Egg roll in a bowl
38. Bunless cheeseburger plate with salad	48. Grilled shrimp with cauliflower rice
39. Shrimp stir-fry with cabbage	49. Chicken stuffed peppers without rice
40. Chicken fajita lettuce bowls	50. Salmon with cucumber avocado salad

## Simple Dinner Formula

Protein	Low Carb Vegetable	Sauce or Seasoning
Chicken	Broccoli	Garlic butter
Salmon	Asparagus	Lemon herb seasoning
Turkey meatballs	Zucchini	Marinara sauce
Beef	Cabbage	Taco seasoning

Helpful reminder: Add enough food to feel satisfied. This printable is only inspiration, not a rulebook.

# Low Carb Snacks & Quick Craving Ideas

## Snack Ideas

1. Cheese sticks	9. Avocado with salt and lemon
2. Boiled eggs	10. Pickles with cheese slices
3. Cucumber slices with cream cheese	11. Almonds or walnuts
4. Celery with peanut butter	12. Pepperoni and cheese bites
5. Turkey and cheese roll-ups	13. Lettuce wraps with deli turkey
6. Tuna cucumber bites	14. Egg salad cucumber bites
7. Greek yogurt with a few berries	15. Bell pepper strips with ranch dip
8. Cottage cheese with black pepper	

## Sweet Craving Ideas

1. Greek yogurt with cinnamon	6. Cottage cheese with cinnamon
2. Chia pudding with unsweetened almond milk	7. Sugar-free gelatin
3. A few berries with whipped cream	8. Almond flour mug cake
4. Peanut butter on celery	9. Cream cheese berry bowl
5. Low carb chocolate mousse	10. Unsweetened coconut yogurt bowl

## My Low Carb Meal Ideas This Week

Use this simple planner to write the meal ideas you want to try this week.

Day	Meal Idea
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

## Quick Grocery Notes

Food to Buy	Meal/Snack I Will Use It For

Reminder: This printable is for simple meal inspiration. Choose foods that work for your body, budget, routine, and any guidance you have from a qualified health professional.