



BY TEAMHEALTHY ZAMBO FOUNDER

# FREE 7-DAY LOW-CARB MEAL PLAN

— from Team Healthy —



## TEAMHEALTHY FOUNDER



TeamHealthy's founder sees herself as a founder, not an owner. A business coach once told her, "You are just the caretaker of the business; it is owned by God." This resonated deeply, shifting her perspective from ownership to stewardship. Founding isn't about possession, but nurturing something with a greater purpose. It's humbling to realize we're temporary caretakers, responsible for using our gifts to build something meaningful for the community and the future.

Whether you're just starting your low-carb journey or looking for fresh inspiration, this meal plan is here to support you every step of the way. I truly believe that healthy eating should be accessible to everyone, and I hope this free resource empowers you to embrace a low-carb lifestyle with confidence and ease.

Plus, recipes are provided below.

Feel free to share with friends now, and let's embark on this healthy journey together!

*From Jet  
with love*

**TEAM  
Healthy**  
zambo.



# DISCLAIMER

This 7-day low-carb meal plan is provided for informational purposes only and does not constitute medical advice. It is essential to consult with a qualified healthcare professional <sup>1</sup> or registered dietitian before starting any new diet, especially if you have any underlying health conditions, <sup>2</sup> are pregnant or breastfeeding, or are taking any medications.

## Important Considerations:

**Individual Needs:** Nutritional needs vary significantly based on age, sex, activity level, health status, and other factors. This meal plan is a general guideline and may not be suitable for everyone. You may need to adjust portion sizes, swap out certain foods, or modify the plan altogether to meet your specific requirements.

**Health Conditions:** Individuals with certain medical conditions, such as diabetes, kidney disease, or eating disorders, should exercise extreme caution and work closely with their healthcare provider before following a low-carb diet. This meal plan is not intended for individuals with these conditions unless specifically approved by their doctor.

**Nutrient Deficiencies:** Low-carb diets, if not carefully planned, can lead to nutrient deficiencies. It is crucial to ensure you are consuming a variety of nutrient-rich foods, including vegetables, healthy fats, and adequate protein. Consider consulting a registered dietitian to ensure your nutritional needs are being met.

**Potential Side Effects:** Some individuals may experience side effects when starting a low-carb diet, such as the "keto flu" (fatigue, headache, nausea), constipation, or changes in energy levels. These side effects are usually temporary, but can be avoided w/ correct knowledge, it is important to be aware of them and consult your doctor if they persist or worsen.

**Weight Loss:** While a low-carb diet may lead to weight loss for some individuals, there is no guarantee of specific results. Weight loss is a complex process influenced by many factors, including genetics, lifestyle, and overall dietary habits.

**No Guarantees:** This meal plan is not a guarantee of any specific outcome, including weight loss, improved health, or any other result.

By using this 7-day low-carb meal plan, you acknowledge and agree to the following:

- You are responsible for consulting with a healthcare professional before starting this or any other diet.
- You understand the potential risks and limitations associated with low-carb diets.
- You are not relying on this meal plan as a substitute for professional medical advice.
- You release the creators of this meal plan from any liability for any adverse health effects or other issues that may arise from following this plan.
- If you experience any adverse health effects while following this meal plan, discontinue use immediately and consult with your healthcare provider.
- This disclaimer is intended to protect both you and the creators of the meal plan. Please read it carefully before using the plan.

# CLEAN LOW-CARB MEAL PLAN IDEA

## Monday

### BREAKFAST



Scrambled eggs with malunggay and cheese w/ bulletproof coffee

### LUNCH



Lettuce Salad w/ 2pcs Boiled Eggs and Grilled Chicken Thighs

### DINNER



Shrimp sinigang (using real tamarind, lots of leafy greens)

### DESSERT IDEAS FROM TEAMHEALTHY



Sugar-Free Knickerbocker Ice Cream

## Tuesday

### BREAKFAST



Keto Chia seed Overnight pudding (optional fresh blueberries)

### LUNCH



Low-Carb Chicken Chopseuy, Keto Skillet Chicken with Pan Sauce, and Boiled Eggs

### DINNER



Chicken Fillet Fajitas w/ bell peppers, white onions, and zucchini

### DESSERT IDEAS FROM TEAMHEALTHY



Sugar-Free Palm Sized Keto Cookies

## Wednesday

### BREAKFAST



Keto chicken burger patties

### LUNCH



Beef Afritada without green peas, potatoes, and corn paired w/ lettuce salad

### DINNER



Saucy Adobo with Eggs

### DESSERT IDEAS FROM TEAMHEALTHY



Sugar-Free Flavor Bun Ensaymada

## Thursday

### BREAKFAST



Cauliflower Crust Pizza w/cheese toppings

### LUNCH



Mackerel Sisig paired w/ vegetable salad

### DINNER



Low carb pinakbet with fried chicken

### DESSERT IDEAS FROM TEAMHEALTHY



Zero-Sugar Caffe Latte w/ stevia blend

## Friday

### BREAKFAST



Lettuce wrap with chicken patties, tomatoes, and cheese

### LUNCH



Ground chicken with carrots, chicken liver, and cabbage, wrapped w/ romaine lettuce

### DINNER



Chicken Tinola w/ Sayote preferably w/ Ampalaya leaves

### DESSERT IDEAS FROM TEAMHEALTHY



Sugar-Free Burnt Basque Bites

## Saturday

### BREAKFAST



Keto tuna melt  
*from Diet Doctor*

### LUNCH



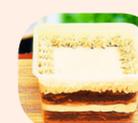
No-bean keto chili  
*from Diet Doctor*

### DINNER



Keto Asian cabbage stir-fry  
*from Diet Doctor*

### DESSERT IDEAS FROM TEAMHEALTHY



Sugar-Free Mocha Mini cake in tub

## Sunday

### BREAKFAST



Cauliflower rice with fried eggplant and sunny side-up

### LUNCH



Cauliflower rice with chicken fillet

### DINNER



Fried Bangus (optional almond flour breading) with Egg Drop Soup

### DESSERT IDEAS FROM TEAMHEALTHY



Low-Carb Classic Chocolate Cake in Can

## Notes



These are the foods that I actually enjoy, being 6 yrs in Low-Carb. I always joke I have a big stomach that's why I have a huge appetite. A small meal won't suffice me! Feel free to cut down the proportions. Remember: Eat when hungry, stop when full.

Personally, I do the following:

- dinner at 6pm
- I don't count calories yet in the beginning to avoid additional stress while the body is transitioning, less stress = less fat storage

Low-Carb diets can sometimes lead to electrolyte imbalances. Please check your sodium, potassium, and magnesium intake. Consider adding electrolytes through food or supplementation as needed. I usually drink water w/ sea salt but some low-carbers use Dra Josephine Rojo-Tan's electrolyte mix. Discuss with your doctor if you have concerns.

Not into cooking? Our teammates subscribe to our meal plan instead because it is convenient.

# FINAL WORDS

- I've been following a low-carb diet for six years, and I've almost entirely stopped eating the usual "breakfast" window. My first meal is usually lunch, which is around 11:00 am or later, effectively "breaking my fast". It was not torture, I was just not hungry and still full of energy even without eating.
- While on a keto or low-carb diet, protein intake should be a consideration. The range of 1-2 grams per kilogram of body weight is often suggested by low-carb experts, though individual needs may vary.
- Dr. Berg's palm guideline is a helpful starting point for estimating meat portion sizes for protein. However, it's crucial to remember that this is just an estimate, and individual protein requirements vary. If you have any metabolic health concerns, especially kidney issues, please consult with a healthcare professional or registered dietitian for personalized dietary advice.
- Personally, I eat as much protein as I want especially when I started going to the gym (4 years after starting Keto).
- Individuals with oxalate sensitivity should exercise caution with the vegetable content of this meal plan. It's recommended to check the oxalate levels of the specific vegetables included and modify the plan accordingly.
- When avocados are in season, I frequently include them as a key ingredient in my meals or as dessert - yum!
- Our clients in TeamHealthy often choose our convenient meal plans when they're short on time. While our regular meal plans differ slightly from this free PDF, both emphasize freshly cooked vegetables and meat with calculated macros, allowing you to enjoy healthy and delicious meals without the hassle of cooking.

## Additional Resources

Some of the International Low-Carb Doctors I personally follow:

- Dr. Eric Berg: Dr. Berg is a chiropractor who has become a prominent figure in the keto community through his extensive researches and deep-dive contents, including videos and articles. He focuses on the health benefits of keto and emphasizes nutritional deficiencies and cellular health. He has a large following and is known for his clear and engaging explanations of complex topics.
- Dr. Andreas Eenfeldt, MD: Dr. Eenfeldt is a Swedish medical doctor who founded the popular website Diet Doctor. He's a strong advocate for low-carb, high-fat diets and has authored several books and articles on the topic. He's known for his clear and accessible explanations of complex concepts, making him a popular resource for those interested in learning more about low-carb living.

Some of the Local Low-Carb Doctors I personally follow:

- Dr. Josephine Grace Rojo-Tan: Dr. Rojo is a specialist on the diseases of Ears, Nose, Throat - Head and Neck Surgery. She is a Facial Aesthetic Plastic Surgeon by subspecialty. Aside from that, she has taken keen interest on nutrition and has been helping thousands of people in the Philippines and the rest of the world through spreading the knowledge on Low Carb lifestyle and the benefits of Therapeutic Fasting for healing.
- Dr. Iris Radevn, a medical doctor in West Vancouver, British Columbia, is a recognized voice in the low-carb Filipino community, where she has built a large following of over 1.3 million on Facebook. Her expertise and influence in this area are considerable.

***Interested in the recipes from the meal plan above? Subscribe to our newsletter!***

***I hope this free 7-day Low-Carb meal plan helps you embrace low-carb eating while enjoying delicious food and feeling satisfied. It is not about starvation or restriction, it's about being kind to your body. Your body will thank you later for making this healthy choice.***

***-TEAMHEALTHY FOUNDER***

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