

# All Ingredients Needed for the Low Carb Week Challenge

Hello !

Here are a list of all the ingredients you'll need for the Low Carb Week Challenge. The meal planner can be found at [daystofitness.com/low-carb-diet-week-challenge/](http://daystofitness.com/low-carb-diet-week-challenge/)

The first days your cravings will call for sugar, resist and soon you'll feel the benefits of a low carb diet.

If you need any help, you can contact me at Days to Fitness or leave a comment on the post specially created for this challenge at [daystofitness.com/low-carb-diet-week-challenge/](http://daystofitness.com/low-carb-diet-week-challenge/) .

Enjoy your journey !

All the best

Sarah

## Monday

### Breakfast

Season fruit with greek yogurt

### Lunch

Low Carb – Swedish meatballs

### Ingredients – serves four

- 1 teaspoon olive oil
- 1 small onion, minced
- 1 clove garlic, minced
- 1 celery stalk, minced
- 1/4 cup minced parsley
- 1 lb. lean ground beef
- 1 large egg
- 1/4 cup seasoned breadcrumbs
- salt and pepper to taste
- 1/2 teaspoon allspice
- 2 cups reduced sodium beef stock

- 2 ounces light cream cheese

Full Recipe at <https://www.daystofitness.com/low-carb-swedish-meatballs/>

## Dinner

### Pea and Celery Soup

Ingredients – eight servings

- 1 tablespoon butter
- 1 tablespoon extra-virgin olive oil
- 1 medium onion, chopped
- 1 stalk celery, chopped
- Celery Bunch
- 2 cloves garlic, chopped
- 1 teaspoon chopped fresh thyme or parsley
- 6 cups peas, fresh or frozen
- 1/2 cup water
- 4 cups reduced-sodium vegetable broth
- 1/2 teaspoon salt
- Freshly ground pepper to taste

Complete Recipe at <https://www.daystofitness.com/pea-and-celery-soup/>

## Tuesday

### Breakfast

#### Loaded Scrambled Eggs

Ingredients – Serves four

- 1 red onion, chopped
- 1 bell pepper, chopped
- 2 tablespoons olive oil, plus more for serving
- Sea salt and black pepper
- 8 medium eggs, beaten

- 3 ounces Cheddar, grated (about 3/4 cup)
- 1 cup halved cherry tomatoes
- 1/3cup finely chopped flat-leaf parsley leaves

Recipe at <https://www.daystofitness.com/loaded-scrambled-eggs/>

## Lunch

Chicken breasts with Green Chili – Almond Cream Sauce

### Ingredients – serves four

- 2 cups unsweetened almond milk
- 1/2 cup reduced-sodium chicken broth
- 3/4 cup chopped seeded fresh New Mexican green chills
- 3 scallions, sliced, white and green parts separated
- 3 tablespoons slivered almonds, toasted
- 1 clove garlic, thinly sliced
- 3/4 teaspoon salt, divided
- 6 chicken breast cutlets or fillets (about 4 ounces each)
- 1 tablespoon canola oil
- 2 tablespoons whipping cream
- 1 tablespoon sesame seeds, toasted

Recipe <https://www.daystofitness.com/chicken-breasts-with-green-chili-almond-cream-sauce/>

## Dinner

Italian Vegetable Bake

### Ingredients - serves 6

- 4 garlic cloves, 3 crushed, 1 left whole
- 14 oz. can chopped tomato
- 1 bunch oregano leaves chopped
- 1 large pinch chili flakes
- 12 oz. aubergine, sliced
- 2 courgettes, sliced
- ½ large jar roasted red peppers
- 3 beef tomatoes, sliced

- 1 bunch basil, torn (save a few leaves for sprinkling over)
- 1 small baguette, sliced and toasted
- 2 x 4 oz. balls mozzarella, torn

Recipe <https://www.daystofitness.com/italian-vegetable-bake/>

## Wednesday

### Breakfast

The Real oatmeal

#### Ingredients – 1 Serving

- ½ cup dry oatmeal
- 1 cup skimmed milk
- ½ teaspoon of ground cinnamon

Recipe <https://www.daystofitness.com/no-added-sugar-the-real-oatmeal/>

### Lunch

Omelet with goat cheese and herbs

#### Ingredients – serves one

- 3 medium eggs, beaten
- 1 tablespoon chopped herbs, such as parsley, basil, or cilantro
- Sea salt and black pepper to taste
- 1 tablespoon butter
- 2 ounces fresh goat cheese

Recipe <https://www.daystofitness.com/low-carb-omelet-with-goat-cheese-and-herbs/>

### Dinner

Roast Garlic Soup

**Ingredients – Serves 4:**

- 2 large garlic heads \*
- 1 clove garlic \*
- 3 tablespoons olive oil \*
- 2 bay leaves \*
- 1 chopped medium onion \*
- 2 chopped medium carrots \*
- 1 large potato, diced \*
- 4 cups chicken stock
- ½ cup dry white wine (optional)
- 1 teaspoon sea salt
- ½ teaspoon fresh-ground pepper
- ¼ cup heavy cream

Recipe <https://www.daystofitness.com/roast-garlic-soup/>

## Thursday

### Breakfast

Season fruit with greek yogurt

### Lunch

Seared salmon with braised broccoli

**Ingredients – Serves four**

- 1 1/4 pounds wild Alaskan salmon fillet, skinned and cut into 4 portions
- 1 tablespoon chopped fresh rosemary or 1 teaspoon dried, divided
- 1 teaspoon salt, divided
- 2 heads broccoli (1-1 1/2 pounds), trimmed
- 1 1/2 tablespoons extra-virgin olive oil, divided
- 1 small onion, diced
- 3 tablespoons raisins
- 2 tablespoons pine nuts
- 1/2 cup water

Recipe <https://www.daystofitness.com/low-carb-seared-salmon-with-braised-broccoli/>

## Dinner

Mighty mozzarella and tomato salad

### Ingredients – 1 Serving

- 1 medium tomato, cubed
- 1 oz./25 grams fresh part-skim mozzarella cheese, cubed
- 1 cup fresh spinach leaves
- 1 clove garlic, pressed
- 1 teaspoon olive oil
- 2 tablespoons balsamic vinegar
- 2 teaspoons sunflower seeds
- Black pepper to taste
- Fresh, chopped, basil leaves for garnish

Recipe <https://www.daystofitness.com/mighty-mozzarella-and-tomato-salad/>

## Friday

### Breakfast

Cheesy, eggy mushrooms with spinach

### Ingredients for 2 servings:

- 3 eggs
- ½ cup pre-sliced fresh mushrooms
- 25 grams low fat shredded mozzarella
- ½ cup finely chopped fresh spinach
- 1 teaspoon olive oil
- 1 tablespoon finely chopped parsley

Recipe <https://www.daystofitness.com/sugar-free-cheesy-eggy-mushrooms-with-spinach/>

### Lunch

## Slow Cooker Beef Stroganoff

### Ingredients - serves 8

- 2 lb. beef top round, cut into strips
- 1 medium white onion, chopped
- 8 oz. mushrooms, raw and sliced
- 14 oz. beef stock
- 1 teaspoon beef bouillon
- 2 teaspoons Worcestershire sauce
- 1 teaspoon paprika
- 16 oz. nonfat yogurt

Recipe <https://www.daystofitness.com/low-carb-beef-stroganoff/>

## Dinner

### Wild Rice and Mushroom Soup

### Ingredients – 6 servings

- 3 tablespoons extra-virgin olive oil
- 6 cups sliced leeks (4-6 medium leeks)
- ½ cup dry sherry
- 1-pound mushrooms, sliced
- 1 ½ cups sliced celery
- 2 cloves garlic, finely chopped
- 6 cups mushroom broth
- 2 cups water
- 1 cup wild rice
- ¼ teaspoon ground pepper
- 1/8 teaspoon salt
- 6 tablespoons sour cream
- 6 tablespoons sliced almonds, toasted

Recipe <https://www.daystofitness.com/wild-rice-and-mushroom-soup/>

## Saturday

### Breakfast

## Berry-flaxseed Smoothie

### Ingredients

- 2 tablespoons whole flax seeds
- ½ cup orange juice
- ½ cup unsweetened soya milk
- 1 cup frozen mixed berries
- 1 small banana

Recipe <https://www.daystofitness.com/berry-flaxseed-smoothie/>

## Lunch

### Steak and Eggs with Seared Tomatoes

#### Ingredients – serves four

- 1 tablespoon plus 1 teaspoon olive oil
- 1-pound flank steak
- Sea salt and black pepper to taste
- 4 medium tomatoes, halved
- 4 large eggs
- 1 tablespoon chopped fresh oregano

Recipe at <https://www.daystofitness.com/low-carb-steak-and-eggs-with-seared-tomatoes/>

## Dinner

### Guacamole

#### Ingredients - four servings:

- 3 small ripe avocado (chopped)
- 1 garlic clove - crushed
- 2 tablespoons fresh coriander
- 4 tablespoons plain yogurt
- Juice of a lime
- 1/2 chili (optional)



- Sea salt & black pepper to taste

Recipe <https://www.daystofitness.com/guacamole/>

## Sunday

### Breakfast

Mango and Avocado Smoothie

#### Ingredients for 2:

- 1 cup chopped mango
- ½ peeled, chopped avocado
- ¼ cup skim milk
- 1 tablespoon raw honey
- 2 teaspoons lime juice
- ¼ cup crushed ice

Recipe <https://www.daystofitness.com/mango-and-avocado-smoothie/>

### Lunch

Hungarian Goulash

#### Ingredients - 4 servings

- 1 tablespoon olive oil
- 12 oz. beef, cut into strips
- 4 oz. chestnut mushrooms, quartered
- 2 teaspoons paprika – I like the smoked kind
- 16 oz. potato, peeled and cut into smallish chunks
- 1 pint hot beef stock
- 1 large jar tomato cooking sauce
- 1 handful of parsley leaves, roughly chopped
- 1 small pot natural yogurt, to serve

Recipe <https://www.daystofitness.com/hungarian-goulash/>

## Dinner

### Harissa Chicken Traybake

#### Ingredients – 4 servings:

- 4 chicken legs
- 4 tablespoons of harissa paste
- 1 garlic bulb, broken into cloves
- 1 lemon, cut into wedges
- 12 ounces of cherry tomatoes on the vine
- 12 ounces small, new potatoes, halved if large
- 2 ounces Kalamata olives, chopped
- 2 tablespoons olive oil
- Large green salad, to serve (optional)

Recipe <https://www.daystofitness.com/gluten-free-harissa-chicken-traybake/>

# Low Carb Week Challenge

More information about the Low Carb Week Challenge can be found at [daystofitness.com/low-carb-diet-week-challenge/](https://www.daystofitness.com/low-carb-diet-week-challenge/)



