

Example shown below based on the following:

Breakfast: #3 Meal builder (page 40 of CSIRO Low-Carb Everyday)

Snack 1: Coffee + Strawberries with ginger ricotta (page 215)

Lunch: #2 Crispbread builder (page 46)

Snack 2: Tea (with milk) + 40 g nuts + 2 medium apricots + 100 g low-fat natural Greek-style yoghurt

Dinner: Ginger and lime fish cakes with soy chargrilled vegetables (page 134) + 2 poached eggs with 100 g hummus

Weekly Food Checklist Level 4 - 9000 kJ		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week:	Date:							
Food	Example	specify type	specify type	specify type	specify type	specify type	specify type	specify type
Refer to pages 25–27 of <i>CSIRO Low-Carb Everyday</i> for a full list of food choices								
Breads, cereals, legumes, starchy vegetables (0.5 unit)	15 g oats							
Breads, cereals, legumes, starchy vegetables (1.0 unit)	3 Ryvitas							
Dairy (1 unit)	200 ml almond milk							
Dairy (1 unit)	ricotta + yoghurt (snack)							
Dairy (1 unit)	150 ml milk (2 x beverage)							
Dairy (1 unit)	100 g low-fat natural Greek-style yoghurt							
Lunch protein (1 unit)	100 g tinned tuna							
Dinner protein (2.5 units)	140 g red fish (+ 2 eggs)							
Low-carb vegetables (1 unit)	artichoke + broccoli							
Low-carb vegetables (1 unit)	1 cup tomato							
Low-carb vegetables (1 unit)	1 cup rocket							
Moderate or low-carb vegetables (1 unit)	sugar-snap peas							
Moderate or low-carb vegetables (1 unit)	green beans							
Healthy fats — 10 units (aim for at least 6 units of nuts each day)								
Unit 1	20 g avocado							
Unit 2	20 g avocado							
Unit 3	snack page 215							
Unit 4	snack page 215							
Unit 5	10 g nuts							
Unit 6	10 g blanched almonds							
Unit 7	10 g nuts							
Unit 8	10 g nuts							
Unit 9	10 g nuts							
Unit 10	10 g nuts							
Unit 11	20 g hummus							
Unit 12	20 g hummus							
Unit 13	20 g hummus							
Unit 14	20 g hummus							
Unit 15	20 g hummus							
OPTIONAL Additions from week 7								
Carbohydrate extras (refer to page 18 of <i>CSIRO Low-Carb Everyday</i>) Max 2 serves/day								
Extra 1	2 medium apricots							
Extra 2	strawberries (200 g)							
Other foods Max 2 serves/week								
Indulgences (refer to page 27 of <i>CSIRO Low-Carb Everyday</i>)								
Indulgence 1	150 ml red wine							
Indulgence 2	20 g chocolate							