

Lumen

The Lumen 7 days low carb menu

Your first week back
to feeling energized



Let Lumen personalize your
metabolic meal plan, every week.

DAY 1

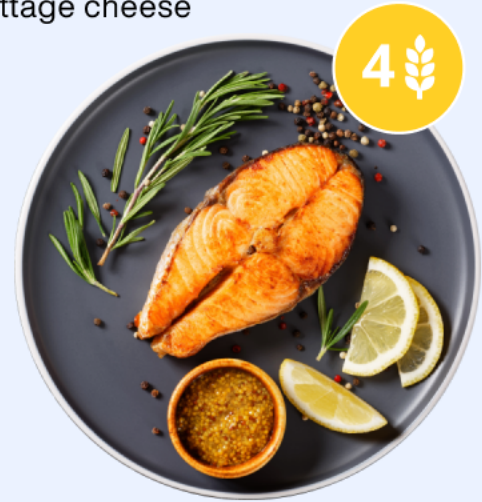
2 **Breakfast**
Greek yogurt with chia seeds and 1 handful of fruit

0 **Snack**
Raw veggie sticks (carrot, celery) with cottage cheese

0 **Lunch or dinner**
Baked salmon with lemon & rosemary

1 **Snack**
Avocado toast with sunflower seeds

1 **Dessert**
1 small fruit



DAY 2

2 **Breakfast**
Fruit salad

0 **Snack**
Kale roasted with coconut oil

0 **Lunch or dinner**
Beef and broccoli bowl

1 **Snack**
Yogurt with sunflower seeds

1 **Dessert**
1 small fruit



DAY 3

- 2** **Breakfast**
Tortilla wrap with cheese, spinach and olive tapenade
- 1** **Snack**
1 fruit
- 0** **Lunch or dinner**
Buttered cauliflower mash
- 0** **Snack**
Brie cheese with hazelnuts
- 1** **Dessert**
1 small fruit



DAY 4

- 2** **Breakfast**
Sandwich with feta cheese, raw veggies and pesto
- 1** **Snack**
1 fruit
- 0** **Lunch or dinner**
Cheese stuffed chicken
- 1** **Snack**
1 yogurt
- 1** **Dessert**
1 small fruit



DAY 5

- 2** **Breakfast**
Scrambled eggs or tofu, and a green salad
- 1** **Snack**
Yogurt with cinnamon and chia seeds
- 4** **Lunch or dinner**
Chicken & avocado tzatziki salad
- 0** **Snack**
Hazelnuts
- 1** **Dessert**
1 fruit



DAY 6

- 2** **Breakfast**
Omelet with spinach, cheese, mixed salad and bread
- 1** **Snack**
1 fruit
- 0** **Lunch or dinner**
Goat cheese & spinach frittata
- 1** **Snack**
Avocado toast with chia seeds
- 1** **Dessert**
1 small fruit



DAY 7

- 3** **Breakfast**
Greek yogurt with granola (no added sugars)
- 0** **Snack**
Coconut chips
- 0** **Lunch or dinner**
Spinach & smoked paprika shrimp
- 1** **Snack**
1 fruit
- 1** **Dessert**
1 small fruit



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