

5-day low carb

MEAL PLAN

&

5 delicious

DINNER RECIPES





Hi!

Thank you for downloading this guide.

I hope you enjoy the meal plan and dinner recipes. These are some of the most popular weekly recipes from my weight loss membership programme, Why Weight Academy.

If you are new to the world of low carb, I'm thrilled to be introducing you to this powerful way of eating.

Low carb eating has enabled me to maintain my 30kg weight loss for the past 26 years, as well as lose 40kgs of pregnancy weight.



me at 44

me at 22



Whatever you're prepared to do to lose weight, you have to do for life if you want to keep weight off. Low carb is, in my opinion, the best way of eating to do this. That's why I've done it for 26 years, and that's why I would never go back!

I've worked as a weight loss coach for the past 12 years, introducing thousands of people to the low carb way of eating. There are now so many low carb substitutes available now that you can buy from the supermarket. It has never been easier to eat this way.

**It's delicious, it's easy and it works.
Simple as that!**

I wish you all the very best. If you would like extra help to get your eating under control, please [email me](mailto:sheryl@whyweightacademy.com) or [book in for a free phone call](tel:01273300000).

Onwards and downwards!

Sheryl

Sheryl Takayama
Founder of Why Weight Academy



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5 - D A Y

MEAL PLAN

L O W C A R B

BREAKFAST

LUNCH

DINNER

M

Gerrys low carb bread
butter
poached eggs

Creamy vege bowl

1 tin of tuna or salmon
1-2 cups warm veges
mayonnaise, aoli or pesto

1 x serving of creamy chicken in
sundried tomato sauce

with cauliflower rice

T

Fried halloumi cheese
with eggs cooked any way

Corn thin crackers/cruskits
smoked salmon
cream cheese

Franks chicken sausages
1-2 cups veges, as desired
mayonnaise, butter or oil &
vinegar dressing

W

Gerrys low carb bread
butter
1/2 avocado

Ham and cheese omlette

eggs mixed with cream
cheese
ham

Steak
mushrooms with cream
1-2 cups steamed vegetables

T

Protein Shake

1 serve of protein powder
almond milk
berries
LSA or avocado

Low carb quesadilla

1 x low carb wrap
ham, cheese
sour cream and salsa
(fold wrap in half and fry)

Roast chicken
1/3 bag Taylor Farms salad with
dressing (or bagged coleslaw)

F

Streaky bacon
with
avocado

Easy protein 'pudding'

Anchor protein yoghurt
protein powder (or collagen)
mixed nuts

low carb hamburger

1 x kiwi keto roll/Gerrys bun
meat patty
lettuce/tomato
mayonnaise & cheese

SNACK OPTIONS (IF NEEDED, DUE TO HUNGER)

coffee with cream

78% or higher Lindt dark
chocolate

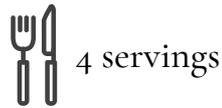
biltong or pork crackle

Portion Sizes

Exact portion sizes will depend on your current weight, activity level, age and how fast you want to lose weight. If you are unsure and want further guidance, please [book in a phone call with Sheryl](#) and we can talk about your goal.



Chicken with creamy sundried tomato sauce



*If you like a creamy sauce you will love this delicious recipe. The addition of sundried tomatoes gives the sauce a great bite.
A recipe the whole family will enjoy.*

Ingredients

- 4 boneless skinless chicken thighs or 2 chicken breasts (cut horizontally to make 4 fillets)
- 2 Tbsp oil from sun dried tomatoes
- salt & pepper
- 3 cloves garlic, minced
- 2 tsp Italian seasoning
- 1/2 cup sun dried tomatoes, chopped
- 3/4 cup chicken broth/stock
- 3/4 cup cream
- 2/3 cup parmesan, grated
- 2 tsp dijon mustard
- salt & pepper
- fresh basil sliced



Directions

- In a large frying pan heat the sun dried tomato oil over a medium heat. Season the chicken with salt & pepper and cook for 5-7 minutes until cooked through. Remove to a plate to keep warm.
- Add the garlic and cook for 20 seconds, then add the italian seasoning, sundried tomatoes, chicken broth, cream, parmesan and mustard. Bring to boil then simmer for 7 minutes until it starts to thicken.
- Add the chicken back to pan and season to taste.
- Serve chicken on your favourite zoodles, cauli mash or low carb pasta. Garnish with extra parmesan and fresh sliced basil leaves.

Nutrition Info

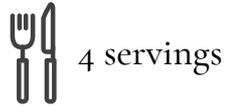
Calories: 380

Protein: 21g

Fat: 28g

Carbs: 11g

Chicken pesto meatballs



Loaded with flavour and only a handful of ingredients, these meatballs would be lovely served with low carb pasta, cauli rice, or a nice crisp salad.

Ingredients

- 450g chicken mince
- 1 egg
- 1/2 onion
- 1/4 cup pesto
- 1/2 cup almond flour
- 1/4 tsp black pepper
- 1/4 tsp salt
- extra pesto for garnish



Directions

- Preheat oven to 180°C.
- Place chicken mince, onion, egg, almond flour, pesto, salt and pepper into a mixing bowl and mix thoroughly.
- Roll into 16 balls. You can place in the fridge for a little while to help them keep their shape.
- Place on an oven tray lined with baking paper and cook for approx 25 minutes.
- Serve with extra pesto drizzled over the meatballs.

Nutrition Info

Calories: 385

Protein: 26g

Fat: 29g

Carbs: 4.2g

Low carb beef stroganoff



6 servings

A wholesome, hearty and delicious meal. This stroganoff will go nicely with cauliflower rice.

Ingredients

- 1/2 onion, diced
- 220g mushrooms, chopped
- 500g blade steak or similar, diced
- 2 1/2 Tbsp oil
- 1 Tbsp smoked paprika
- 500ml beef stock
- 1 Tbsp dried thyme
- 1 Tbsp dried oregano
- 1 1/2 Tbsp dijon mustard
- 300mls cream
- 150g baby spinach



Directions

- Saute the onions and mushrooms with 2 Tbsp of oil until lightly browned, then put aside.
- Add the remaining oil and sear the meat until golden brown.
- Add the onion and mushroom, beef stock, paprika, thyme, oregano, and mustard.
- Bring to boil, then simmer for 3 to 4 hours. Alternatively you can transfer to your slow cooker on low until meat is tender.
- Once the meat is at desired tenderness add the cream and spinach. Season to taste with salt and pepper.

Nutrition Info

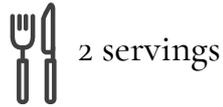
Calories: 473

Protein: 29g

Fat: 37g

Carbs: 4g

salmon with cream sauce



Salmon is perfect for a low carb diet, because it is packed full of healthy omega 3 oils, is high in B vitamins, vitamin D, and potassium. Served with this delicious cream sauce, you will think you are in a 5 star restaurant!

Ingredients

- 2 X 160g fillet salmon
- 1/4 tsp pepper
- 2/3 cup cream
- 1 1/2 Tbsp lemon juice
- 2 cloves garlic
- 1 Tbsp chopped parsley
- 1 1/2 Tbsp grated parmesan
- Pinch lemon zest



Directions

- Pat the salmon dry with a paper towel. Sprinkle the skinless side of the salmon with salt and pepper.
- Heat a frying pan to medium high heat. Add the oil and place the salmon skin side up. Cook for about 4-5 minutes.
- Carefully flip the salmon and turn the heat to medium low. Continue to cook till the salmon flakes easily, usually 3-4 minutes. Remove salmon from the pan.
- Turn the pan to low and add the cream, lemon juice, garlic, parsley, parmesan and lemon zest. Stir till heated through. Serve over salmon.

Nutrition Info

Calories: 581

Protein: 48g

Fat: 41g

Carbs: 5g

Low carb crack slaw



4 servings

This is a quick and easy recipe that is tasty as leftovers too. Minimal ingredients with maximum flavour.

Mix some Sriracha sauce with mayonnaise and drizzle over the top.

Ingredients

- 1 Tbsp sesame oil
- 3 cloves of garlic
- 1 tsp ground ginger
- 450g pork, chicken or beef mince
- 4 spring onions sliced
- 1 Tbsp sriracha
- Bag of coleslaw mix (approx 350gm)
- 1/4 cup soy sauce or coconut aminos
- 2 tsp white vinegar or rice wine vinegar
- salt and pepper to taste
- 1 Tbsp toasted sesame seeds



Directions

- Heat the sesame oil in a frying pan over a medium to hot heat. Add the garlic, white part of spring onion and ginger. Fry for a minute.
- Add the pork (or your preferred protein), sriracha, salt and pepper and saute until the pork is cooked through.
- Add the coleslaw, soy sauce and vinegar. Saute until the coleslaw is tender. Season with more salt and pepper or soy sauce if needed.
- Serve in bowls topped with the green part of the spring onion, toasted sesame seeds and extra sriracha sauce if desired.

Nutrition Info

Calories: 389

Protein: 26g

Fat: 28g

Carbs: 8g



WHY WEIGHT ACADEMY

The ultimate weight loss membership programme. Lose weight in the comfort of your own home, with resources, expert advice, support and new recipe and meal ideas every single week so you never get bored!

- 14-day starter plan and new 5-day meal plan every week
- Private website with: Food plan, meal plans, planning templates & delicious recipes
- New weight loss strategies every month
- Weekly emails and recipes
- Access to guest speaker presentations on key topics: mindset, habits, emotional eating, journaling, sleep, how to think yourself skinny
- Private Facebook Group: Community of motivated women who share this journey

*ALL FOR JUST \$59 PER MONTH!
NO JOINING FEE. NO CONTRACTS. CANCEL ANYTIME*

***“A year from now, you
will wish you started
TODAY!”***

HAVE QUESTIONS?

Email me: Sheryl@whyweightacademy.com

**Find out more and sign
up here**



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