

7-Day High-Protein, Low-Carb Starter Plan

Optimal Personal Training and Nutrition Counseling

Why This Plan Works

This nutrition approach is built on three scientifically backed principles:

1. High Protein = Satiety. Protein keeps you full and satisfied longer than carbohydrates or fats. When you prioritize protein at every meal, you naturally eat less without feeling hungry or deprived. Protein also preserves muscle mass during fat loss.

2. Low Carbohydrates = Fat Burning. When you eliminate processed carbohydrates and reduce starchy foods, your body is forced to burn an alternative fuel source—stored body fat. Keeping carbohydrates under 100g per day triggers this metabolic shift while still providing energy from vegetables and small amounts of berries.

3. Moderate Fat = Body Fat Loss. While healthy fats are important for satiety and nutrition, eating too much dietary fat means your body burns the fat you eat instead of the fat you store. We include moderate amounts of quality fats (olive oil, butter, avocado, nuts) for satisfaction—not excess.

The result: sustainable fat loss, stable energy, reduced cravings, and improved body composition—without calorie counting or constant hunger.

Your Daily Framework

Target: 1,800-2,000 calories per day

Protein: ~150g (based on 1g per pound of desired body weight—adjust to your goal weight)

Carbohydrates: Under 100g per day (from vegetables and limited berries)

Fats: The remainder of calories from quality sources (olive oil, butter, avocado, nuts, coconut)

Simple Daily Meal Templates

Each day should follow this basic structure. Choose one option from each meal category:

BREAKFAST

- **Option 1:** 3 whole eggs scrambled with 1/2 cup cottage cheese, cooked in butter or olive oil
- **Option 2:** Greek yogurt (full-fat, plain) with 1/2 cup blueberries and a handful of walnuts

LUNCH

- **Option 1:** Grilled chicken breast (palm-sized portion) over mixed greens with olive oil and vinegar
- **Option 2:** Tuna salad (made with olive oil mayo) with hard-boiled eggs and steamed broccoli

DINNER

- **Option 1:** Ground beef meatballs (4-5 oz) with sautéed spinach or zucchini

- **Option 2:** Baked salmon (5-6 oz) with roasted cauliflower and a side salad

OPTIONAL SNACK

- Small handful of almonds or walnuts with a few berries (if hungry between meals)

Foods to Prioritize

High-Quality Proteins:

- Chicken, turkey, fish (salmon, cod, tuna), grass-fed beef, pork, eggs

Low-Carb Vegetables:

- Broccoli, cauliflower, spinach, kale, zucchini, asparagus, green beans, lettuce, cucumbers, bell peppers

Healthy Fats:

- Olive oil, butter, avocado, coconut oil, nuts (almonds, walnuts), seeds (chia, flax)

Limited Fruits:

- Berries (blueberries, strawberries, raspberries), small amounts of banana in protein shakes

Foods to Avoid

- **All processed carbohydrates:** chips, crackers, cookies, donuts, pastries, candy
- **Grains and starches:** bread, rice, pasta, cereal, oatmeal
- **High-carb vegetables:** potatoes, sweet potatoes, corn, carrots (limit these)
- **Sugary drinks:** soda, juice, sweetened coffee drinks, energy drinks
- **Most fruits:** bananas (except small amounts in shakes), apples, oranges, grapes, tropical fruits

7-Day Shopping List

Proteins:

- 2 lbs chicken breast, 1 lb ground beef, 1 lb salmon fillets, 2 cans tuna, 18 eggs, Greek yogurt, cottage cheese

Vegetables:

- 2 heads broccoli, 1 head cauliflower, bag of spinach, mixed salad greens, zucchini, asparagus, cucumbers, bell peppers

Fats:

- Olive oil, butter, 2 avocados, almonds, walnuts

Fruits:

- 1 pint blueberries, 1 pint strawberries

Pantry:

- Salt, pepper, garlic, olive oil-based mayo, vinegar, chia seeds, flax seeds

What to Expect in Your First 7 Days

Days 1-3: You may feel slight fatigue, headaches, or irritability as your body adapts to using fat for fuel instead of carbohydrates. This is normal and temporary. Stay hydrated—drink plenty of water and consider adding a pinch of salt to your water or food to maintain electrolyte balance.

Days 4-7: Energy stabilizes and often increases. Cravings for sugar and processed foods diminish significantly. You'll likely notice reduced bloating, improved mental clarity, and initial weight loss (mostly water weight at first, which is normal and healthy).

Important: This is not a crash diet. You're building sustainable eating habits that prioritize whole foods, quality protein, and nutrient-dense vegetables. Give your body time to adapt.

Hydration tip: Aim for at least 8-10 glasses of water daily. Low-carb eating causes your body to shed water initially, so staying hydrated is essential.

Ready for More Support?

This 7-day plan is designed to give you a strong start, but real transformation happens with consistency and accountability. If you're ready to commit to lasting change, consider the

12-Week High-Protein Nutrition Program

What's included:

- Weekly 15-20 minute check-ins for personalized guidance and accountability
- Progressive weekly handouts covering meal prep, troubleshooting plateaus, eating out strategies, and more
- Support through challenges, adjustments as needed, and habit-building strategies
- Realistic, sustainable fat loss over 12 weeks with professional coaching

Contact me to learn more:

Optimal Personal Training and Nutrition Counseling

Carlos Perez

Text: (203) 520-9886

Email: cp.healthandfitness@gmail.com