



5-Day High Protein, Low Carb Program

CAT DILLON

VeraVia 
Your true path to wellness.

5-Day High Protein, Low Carb Program

CAT DILLON, RHN

Here is a **simple low carb, higher protein** meal plan with a **BONUS** shopping list, meal prep notes and creative substitutions for 2 eaters!

You can select to make meals ahead of time, or day by day (with lots of delicious leftovers so you aren't cooking constantly)

For example, you can cook on Sunday for that day, Monday and Tuesday. Then again on Wednesday for that day and Thursday.

Weekends are left blank for leftovers, and out of the house activities!

Happy Cooking!

Cat

MON



BREAKFAST
Eggs n' Guac Breakfast Bowl



SNACK 1
Banana with Peanut Butter



LUNCH
Greek Kale Chickpea Salad



SNACK 2
Hummus Dippers



DINNER
One Pan Salmon with Green Beans & Roasted Tomato

TUE



BREAKFAST
Eggs n' Guac Breakfast Bowl



SNACK 1
Greek Kale Chickpea Salad



LUNCH
One Pan Salmon with Green Beans & Roasted Tomato



SNACK 2
Hummus Dippers



DINNER
One Pan Paleo Plate

WED



BREAKFAST
Post Workout Green Smoothie



SNACK 1
Salt n' Vinegar Hard Boiled Eggs



LUNCH
One Pan Paleo Plate



SNACK 2
Banana with Peanut Butter



DINNER
Slow Cooker Stuffed Peppers

THU



BREAKFAST
Post Workout Green Smoothie



SNACK 1
Pistachios



LUNCH
Slow Cooker Stuffed Peppers



SNACK 2
Banana with Peanut Butter



DINNER
Steak with Balsamic Jus

FRI



BREAKFAST
Post Workout Green Smoothie



SNACK 1
Salt n' Vinegar Hard Boiled Eggs



LUNCH
Steak with Balsamic Jus



SNACK 2
Pistachios



DINNER
Slow Cooker Honey Garlic Chicken

FRUITS

- 3 1/2 Avocado
- 9 Banana
- 2 1/2 Lemon

BREAKFAST

- 3/4 cup All Natural Peanut Butter

SEEDS, NUTS & SPICES

- 1 tsp Black Pepper
- 1 1/2 tbsps Chili Powder
- 1/2 tsp Cumin
- 1/2 tsp Dried Basil
- 2 cups Pistachios
- 2 1/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Slivered Almonds

VEGETABLES

- 25 cups Baby Spinach
- 3 cups Broccoli
- 4 cups Brussels Sprouts
- 1 Carrot
- 1 head Cauliflower
- 4 stalks Celery
- 2 cups Cherry Tomatoes
- 1/2 Cucumber
- 2 tbsps Fresh Dill
- 3 1/2 Garlic
- 4 cups Green Beans
- 5 Green Bell Pepper
- 4 cups Kale Leaves
- 1/4 cup Red Onion
- 2 Sweet Potato
- 1 Tomato
- 1 Yellow Bell Pepper
- 1/2 Yellow Onion

BOXED & CANNED

- 2 cups Chickpeas
- 2 cups Organic Salsa

BAKING

- 2 tbsps Coconut Flour
- 1 tbsp Raw Honey

BREAD, FISH, MEAT & CHEESE

- 1 1/4 lbs Beef Tenderloin
- 1 lb Chicken Breast
- 1 lb Chicken Thighs
- 1 lb Extra Lean Ground Turkey
- 3/4 cup Feta Cheese
- 1 cup Hummus
- 1 1/4 lbs Salmon Fillet

CONDIMENTS & OILS

- 1/4 cup Apple Cider Vinegar
- 1/2 cup Balsamic Vinegar
- 1 1/2 tbsps Coconut Oil
- 1/4 cup Dijon Mustard
- 2/3 cup Extra Virgin Olive Oil

COLD

- 17 Egg

OTHER

- 3/4 cup Protein Powder
- 6 cups Water

Eggs n' Guac Breakfast Bowl

4 SERVINGS 15 MINUTES



INGREDIENTS

8 Egg
2 Avocado
1 Lemon (juiced)
Sea Salt & Black Pepper (to taste)
8 cups Baby Spinach
1/4 cup Red Onion (thinly sliced)
2 tbsps Extra Virgin Olive Oil

DIRECTIONS

- 01 Place eggs in a pot of cold water, bring to a boil, then simmer for 5-6 minutes. Peel the eggs and slice in half.
- 02 Make guacamole by mashing avocado and mixing with lemon, sea salt and pepper to taste.
- 03 Divide spinach into bowls and top with guacamole, egg, red onion and olive oil. Enjoy!

NOTES

STORAGE

Keep refrigerated in an air-tight container up to 3 days.

PREP AHEAD

Hard boil your eggs in advance to save time.

MAKE IT SPICY

Add chili flakes.

MAKE IT VEGAN

Skip the eggs and add cooked chickpeas instead.

EXTRA TOPPINGS

Try adding hot sauce, sunflower seeds, pumpkin seeds or hemp hearts.

Post Workout Green Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

1/4 cup Protein Powder (vanilla)
2 cups Water (cold)
1/2 Avocado
1 Banana (frozen)
2 cups Baby Spinach

DIRECTIONS

01 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

NOTES

NO SPINACH

Use kale instead.

NO PROTEIN POWDER

Add a few spoonfuls of hemp seeds.

Banana with Peanut Butter

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Banana (peeled and sliced)
1/4 cup All Natural Peanut Butter

DIRECTIONS

01 Spread peanut butter across banana slices. Happy snacking!

NOTES

NO PEANUT BUTTER

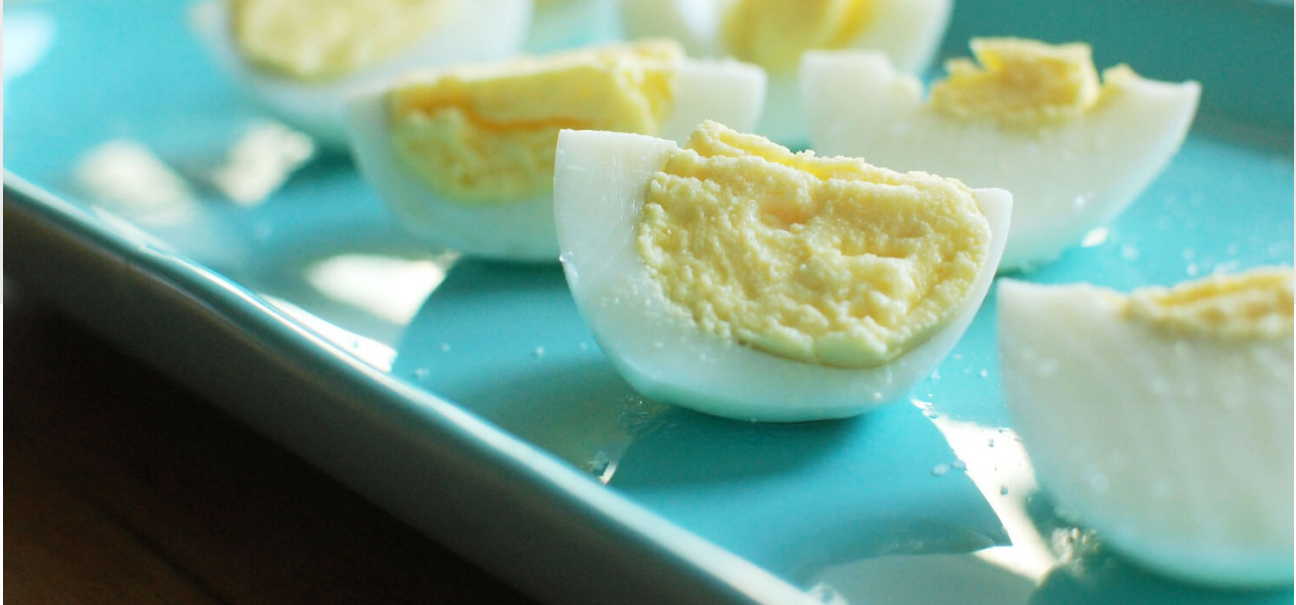
Use any nut or seed butter.

MORE PROTEIN

Sprinkle with hemp seeds.

Salt n' Vinegar Hard Boiled Eggs

4 SERVINGS 35 MINUTES



INGREDIENTS

- 8 Egg
- 1 tsp Sea Salt (divided)
- 1/4 cup Apple Cider Vinegar (divided)

DIRECTIONS

- 01 Bring a large pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium high. Set your timer for 14 minutes.
- 02 After 14 minutes, use a spoon to lift the eggs out of the water. Place on a plate and let cool for at least 20 minutes.
- 03 When ready to eat, peel the eggs and cut them into halves or quarters. Season with sea salt and drizzle with apple cider vinegar. Enjoy!

Pistachios

2 SERVINGS 1 MINUTE



INGREDIENTS

1 cup Pistachios (in the shell)

DIRECTIONS

01 Divide into bowls, peel and enjoy!

Greek Kale Chickpea Salad

4 SERVINGS 15 MINUTES



INGREDIENTS

2 tbsps Fresh Dill (chopped)
1/4 cup Extra Virgin Olive Oil
1 Lemon (juiced)
1/4 tsp Sea Salt
1/4 tsp Black Pepper
2 cups Chickpeas (cooked, drained and rinsed)
1/2 Cucumber (diced)
1 Tomato (diced)
1 Green Bell Pepper (diced)
4 cups Kale Leaves (finely sliced)
1/2 cup Feta Cheese (crumbled)

DIRECTIONS

- 01 In a jar combine dill, olive oil, lemon juice, sea salt and black pepper. Put a lid on it and shake well. Set aside.
- 02 In a large salad bowl, combine chickpeas, cucumber, tomato, green pepper and kale. Add desired amount of dressing and toss well. Divide between bowls and top with feta cheese. Enjoy!

NOTES

NO CHICKPEAS

Use lentils or kidney beans instead.

EXTRA GREEK

Add chopped black olives.

NO KALE

Use spinach or any dark leafy green instead.

Hummus Dippers

4 SERVINGS 15 MINUTES



INGREDIENTS

- 1 Yellow Bell Pepper
- 1 Carrot
- 4 stalks Celery
- 1 cup Hummus

DIRECTIONS

- 01 Slice your pepper, carrot and celery into sticks.
- 02 Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with $\frac{1}{4}$ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

NOTES

HOMEMADE

Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

MIX IT UP

Substitute in different veggies like cucumber or zucchini.

One Pan Salmon with Green Beans & Roasted Tomato

4 SERVINGS 25 MINUTES



INGREDIENTS

4 cups Green Beans (washed and trimmed)
2 cups Cherry Tomatoes
1 tbsp Extra Virgin Olive Oil (or coconut oil)
Sea Salt & Black Pepper (to taste)
1 1/4 lbs Salmon Fillet

DIRECTIONS

- 01 Preheat oven to 510°F (266°C).
- 02 Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to a baking sheet and bake in the oven for 10 minutes.
- 03 Season your salmon fillets with sea salt and black pepper.
- 04 Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
- 05 Divide veggies between plates and top with salmon. Enjoy!

NOTES

NO SALMON

Use any type of fish fillet. Baking times will vary depending on thickness.

VEGAN

Use roasted chickpeas instead of salmon.

MORE CARBS

Serve with quinoa or rice.

ADDED TOUCH

Toss the green beans in balsamic vinegar before serving.

One Pan Paleo Plate

4 SERVINGS 35 MINUTES



INGREDIENTS

- 1 lb Chicken Breast
- Sea Salt & Black Pepper (to taste)
- 4 cups Brussels Sprouts (washed, trimmed and halved)
- 1 tbsp Extra Virgin Olive Oil (plus extra for brushing)
- 2 Sweet Potato (washed and sliced in half)

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Brush both sides of the chicken breast with olive oil and season with sea salt, black pepper and any other spices you like. Place on the baking sheet.
- 03 Toss your brussels sprouts in olive oil and season with sea salt and black pepper. Place on the baking sheet with the chicken.
- 04 Slice your sweet potatoes in half lengthwise and pierce the flesh multiple times with a fork all over to create holes. Brush the flesh of each half with olive oil. Season with sea salt and black pepper. Place these on the baking sheet with the flesh facing up.
- 05 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through. (Note: Sweet potato may need longer depending on size.)
- 06 Remove baking sheet from the oven and divide onto plates. Enjoy!

NOTES

NO BRUSSELS SPROUTS

Use broccoli, cauliflower or green beans instead. Roasting times will vary.

NO CHICKEN BREAST

Use turkey breast.

VEGANS AND VEGETARIANS

Replace chicken with roasted chickpeas.

EXTRA TIME

Slice sweet potato into cubes or fries.

Slow Cooker Stuffed Peppers

4 SERVINGS 4 HOURS



INGREDIENTS

4 Green Bell Pepper (large)
1 lb Extra Lean Ground Turkey
1/2 tsp Sea Salt
1/2 tsp Black Pepper
1 tbsp Chili Powder
1/2 tsp Cumin
1/2 tsp Dried Basil
1 Egg
2 Garlic (cloves, minced)
1/2 Yellow Onion (diced)
1 cup Baby Spinach (chopped)
1 tbsp Extra Virgin Olive Oil
2 tbsps Coconut Flour
2 cups Organic Salsa
1 head Cauliflower (large)

DIRECTIONS

- 01 Slice the tops off the peppers and carve out the seeds. Set aside.
- 02 In a large mixing bowl, combine the ground turkey, sea salt, black pepper, chili powder, cumin, dried basil, egg, minced garlic, yellow onion, spinach, olive oil and coconut flour. Mix well and stuff it into the green peppers.
- 03 Place the peppers in the slow cooker and top each with a spoonful or two of salsa. Cook for 4 hours on high or 6 - 8 on low.
- 04 Trim your cauliflower into florets. Place the florets in a food processor and pulse into a rice-like consistency. Cover and store in the fridge until ready to eat. (Note: You can eat the cauliflower rice raw or saute it in a bit of coconut oil before serving.)
- 05 Remove the peppers from the slow cooker and serve over cauliflower rice. Top with remaining salsa. Enjoy!

NOTES

VEGANS AND VEGETARIANS

Use cooked lentils or beans instead of ground meat.

NO GROUND TURKEY

Use ground chicken or beef instead.

NO SLOW COOKER

Bake peppers in the oven at 350 for 45 minutes to 1 hour, or until meat is cooked through.

NO CAULIFLOWER

Serve over rice, quinoa, greens or sweet potato mash.

Steak with Balsamic Jus

4 SERVINGS 15 MINUTES



INGREDIENTS

- 1 tbsp Coconut Oil
- 1 1/4 lbs Beef Tenderloin (sliced into steaks)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Balsamic Vinegar
- 1/4 cup Dijon Mustard
- 10 cups Baby Spinach
- 2 tbsps Slivered Almonds (toasted)
- 1/2 Lemon (juiced)
- 1/4 cup Feta Cheese (crumbled)

DIRECTIONS

- 01 Heat coconut oil in a large skillet over medium-high heat. Season both sides of the steaks generously with sea salt and black pepper. Place steaks in the skillet. Flip once and cook to desired doneness. We like about 5 minutes per side for medium-rare, but it depends on the thickness of your steak. Transfer steaks to a plate and cover with foil.
- 02 Add balsamic vinegar to the skillet and bring to a boil. Let boil for 1 to 2 minutes or until it begins to thicken. Remove from heat and whisk in mustard and any excess liquid that has drained off the steaks. Transfer to a bowl and set aside.
- 03 Place the skillet back over medium heat. Add baby spinach and saute just until wilted. Remove from heat and stir in slivered almonds, lemon juice and feta.
- 04 Plate steak and drizzle with balsamic mustard sauce. Serve with sauteed spinach salad on the side. Enjoy!

NOTES

MAKE IT EVEN QUICKER

Skip sauteing the spinach and make a raw salad instead.

Slow Cooker Honey Garlic Chicken

2 SERVINGS 4 HOURS



INGREDIENTS

1 1/2 tbsps Extra Virgin Olive Oil
1 tbsp Raw Honey
1 1/2 Garlic (cloves, minced)
1 1/2 tsps Chili Powder
1/2 tsp Sea Salt
1/4 tsp Black Pepper
1 lb Chicken Thighs (skinless, boneless)
3 cups Broccoli (chopped into florets)
1 1/2 tsps Coconut Oil (or organic butter)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Combine olive oil, raw honey, minced garlic, chili powder, sea salt and black pepper together in a bowl. Mix well.
- 02 Place chicken thighs in the bottom of your slow cooker. Pour the honey garlic sauce in over top. Use a spatula to toss until all the chicken is well coated. Set on low for 6 to 8 hours or on high for 4 hours (or until chicken is cooked through). Optional: Flip the chicken thighs at the halfway point and use a baster or spoon to coat the chicken with the run off marinade.
- 03 Before you eat, lightly steam your broccoli just until it is bright green then toss it with coconut oil and season with sea salt and black pepper.
- 04 Baste the chicken again before removing it from the slow cooker. Serve chicken thighs with broccoli on the side. Enjoy!

NOTES

NO CHICKEN THIGHS

Use chicken wings, drumsticks or breasts.

NO SLOW COOKER

Marinate the chicken in advance. Bake in the oven at 350 for 30 minutes or until chicken is cooked through.

MORE CARBS

Serve with rice, potato or quinoa.