

Low Carbohydrate Meals

		Carbs	Protein	Fat	Calories
4oz Chicken	200g Broccoli	8	27	1	149
	200g Asparagus	8	29	1	157
	200g Green Beans	12	27	1	165
4oz Sole	200g Broccoli	8	24	1	137
	200g Asparagus	8	26	1	145
	200g Green Beans	12	24	1	153
4 oz Steak	200g Broccoli	8	26	9	217
	200g Asparagus	8	28	9	225
	200g Green Beans	12	26	9	233
4oz Salmon	200g Broccoli	8	32	6	214
	200g Asparagus	8	34	6	222
	200g Green Beans	12	32	6	230
8 oz Chicken	200g Broccoli	8	52	2	258
	200g Asparagus	8	54	2	266
	200g Green Beans	12	52	2	274
8oz Sole	200g Broccoli	8	46	2	234
	200g Asparagus	8	48	2	242
	200g Green Beans	12	46	2	250
8oz Steak	200g Broccoli	8	50	18	394
	200g Asparagus	8	52	18	402
	200g Green Beans	12	50	18	410
8 oz Salmon	200g Broccoli	8	62	12	388
	200g Asparagus	8	64	12	396
	200g Green Beans	12	62	12	404