

*In Balance
Pilates*

5-Day High Protein, Low Carb Program

Created by In Balance Pilates



5-Day High Protein, Low Carb Program

In Balance Pilates

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From [In Balance Pilates](#)

This is an awesome 5 day meal prep/plan and recipe guide with High Protein & Low Carb ideas for you.

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5-Day High Protein, Low Carb Program

5 days

	Mon	Tue	Wed	Thu	Fri
Breakfast	Eggs n' Guac Breakfast Bowl	Eggs n' Guac Breakfast Bowl	Post Workout Green Smoothie	Post Workout Green Smoothie	Post Workout Green Smoothie
Snack 1	Banana with Peanut Butter	Greek Kale Chickpea Salad	Salt n' Vinegar Hard Boiled Eggs	Pistachios	Salt n' Vinegar Hard Boiled Eggs
Lunch	Greek Kale Chickpea Salad	One Pan Salmon with Green Beans & Roasted Tomato	One Pan Paleo Plate	Slow Cooker Stuffed Peppers	Steak with Balsamic Jus
Snack 2	Hummus Dippers	Hummus Dippers	Banana with Peanut Butter	Banana with Peanut Butter	Pistachios
Dinner	One Pan Salmon with Green Beans & Roasted Tomato	One Pan Paleo Plate	Slow Cooker Stuffed Peppers	Steak with Balsamic Jus	Slow Cooker Honey Garlic Chicken

5-Day High Protein, Low Carb Program

5 days

Mon		Tue		Wed		Thu		Fri	
Calories	1627	Calories	1624	Calories	1274	Calories	1610	Calories	1725
Fat	110g	Fat	100g	Fat	58g	Fat	89g	Fat	99g
Carbs	107g	Carbs	94g	Carbs	104g	Carbs	108g	Carbs	69g
Fiber	31g	Fiber	31g	Fiber	26g	Fiber	30g	Fiber	20g
Sugar	33g	Sugar	20g	Sugar	44g	Sugar	48g	Sugar	29g
Protein	68g	Protein	99g	Protein	102g	Protein	110g	Protein	145g
Cholesterol	454mg	Cholesterol	571mg	Cholesterol	621mg	Cholesterol	272mg	Cholesterol	816mg
Sodium	1574mg	Sodium	1684mg	Sodium	2343mg	Sodium	1916mg	Sodium	2139mg
Vitamin A	18187IU	Vitamin A	28033IU	Vitamin A	15953IU	Vitamin A	12913IU	Vitamin A	12394IU
Vitamin C	202mg	Vitamin C	268mg	Vitamin C	278mg	Vitamin C	228mg	Vitamin C	168mg
Calcium	497mg	Calcium	537mg	Calcium	401mg	Calcium	503mg	Calcium	494mg
Iron	13mg	Iron	14mg	Iron	11mg	Iron	16mg	Iron	16mg

5-Day High Protein, Low Carb Program

49 items

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 tpsps 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

- 20 ozs Beef Tenderloin
- 16 ozs Chicken Breast
- 1 lb Chicken Thighs
- 1 lb Extra Lean Ground Turkey
- 3/4 cup Feta Cheese
- 1 cup Hummus
- 20 ozs 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

7 ingredients · 15 minutes · 4 servings



Directions

1. 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.
2. Make guacamole by mashing avocado and mixing with lemon, sea salt and pepper to taste.
3. 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.

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

Nutrition

Calories	386	Cholesterol	372mg
Fat	31g	Sodium	197mg
Carbs	13g	Vitamin A	6313IU
Fiber	8g	Vitamin C	32mg
Sugar	2g	Calcium	131mg
Protein	16g	Iron	4mg

Post Workout Green Smoothie

5 ingredients · 5 minutes · 2 servings



Directions

1. 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.

Ingredients

1/4 cup Protein Powder (vanilla)

2 cups Water (cold)

1/2 Avocado

1 Banana (frozen)

2 cups Baby Spinach

Nutrition

Calories	183	Cholesterol	2mg
Fat	8g	Sodium	52mg
Carbs	20g	Vitamin A	2924IU
Fiber	6g	Vitamin C	19mg
Sugar	8g	Calcium	120mg
Protein	12g	Iron	1mg

Banana with Peanut Butter

2 ingredients · 5 minutes · 2 servings



Directions

1. Spread peanut butter across banana slices. Happy snacking!

Notes

No Peanut Butter

Use any nut or seed butter.

More Protein

Sprinkle with hemp seeds.

Ingredients

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

Nutrition

Calories	298	Cholesterol	0mg
Fat	17g	Sodium	7mg
Carbs	34g	Vitamin A	76IU
Fiber	5g	Vitamin C	10mg
Sugar	18g	Calcium	22mg
Protein	8g	Iron	1mg

Salt n' Vinegar Hard Boiled Eggs

3 ingredients · 35 minutes · 4 servings



Directions

1. 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.
2. 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.
3. 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!

Ingredients

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

Nutrition

Calories	149	Cholesterol	372mg
Fat	10g	Sodium	732mg
Carbs	2g	Vitamin A	540IU
Fiber	0g	Vitamin C	0mg
Sugar	1g	Calcium	56mg
Protein	13g	Iron	2mg

Pistachios

1 ingredient · 1 minute · 2 servings



Directions

1. Divide into bowls, peel and enjoy!

Ingredients

1 cup Pistachios (in the shell)

Nutrition

Calories	345	Cholesterol	0mg
Fat	28g	Sodium	1mg
Carbs	17g	Vitamin A	318IU
Fiber	7g	Vitamin C	3mg
Sugar	5g	Calcium	65mg
Protein	12g	Iron	2mg

Greek Kale Chickpea Salad

11 ingredients · 15 minutes · 4 servings



Directions

1. In a jar combine dill, olive oil, lemon juice, sea salt and black pepper. Put a lid on it and shake well. Set aside.
2. 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.

Ingredients

- 2 **tbps** 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)

Nutrition

Calories	359	Cholesterol	17mg
Fat	20g	Sodium	435mg
Carbs	34g	Vitamin A	7266IU
Fiber	9g	Vitamin C	44mg
Sugar	6g	Calcium	225mg
Protein	13g	Iron	4mg

Hummus Dippers

4 ingredients · 15 minutes · 4 servings



Directions

1. Slice your pepper, carrot and celery into sticks.
2. 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.

Ingredients

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

Nutrition

Calories	171	Cholesterol	0mg
Fat	11g	Sodium	306mg
Carbs	15g	Vitamin A	2835IU
Fiber	5g	Vitamin C	87mg
Sugar	2g	Calcium	55mg
Protein	6g	Iron	2mg

One Pan Salmon with Green Beans & Roasted Tomato

5 ingredients · 25 minutes · 4 servings



Directions

1. Preheat oven to 510. Line a baking sheet with parchment paper.
2. Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to baking sheet and bake in the oven for 10 minutes.
3. Season your salmon fillets with sea salt and black pepper.
4. 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.
5. 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.

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)

20 ozs Salmon Fillet

Nutrition

Calories	413	Cholesterol	65mg
Fat	31g	Sodium	629mg
Carbs	11g	Vitamin A	1697IU
Fiber	4g	Vitamin C	29mg
Sugar	5g	Calcium	64mg
Protein	25g	Iron	2mg

One Pan Paleo Plate

5 ingredients · 35 minutes · 4 servings



Directions

1. Preheat oven to 375 and line a baking sheet with parchment paper.
2. 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.
3. Toss your brussels sprouts in olive oil and season with sea salt and black pepper. Place on the baking sheet with the chicken.
4. 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.
5. 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.)
6. 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.

Ingredients

16 ozs 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)

Nutrition

Calories	295	Cholesterol	117mg
Fat	7g	Sodium	117mg
Carbs	21g	Vitamin A	9922IU
Fiber	5g	Vitamin C	76mg
Sugar	5g	Calcium	62mg
Protein	39g	Iron	2mg

Slow Cooker Stuffed Peppers

15 ingredients · 4 hours · 4 servings



Directions

1. Slice the tops off the peppers and carve out the seeds. Set aside.
2. 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.
3. 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.
4. 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.)
5. 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.

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)

Nutrition

Calories	349	Cholesterol	130mg
Fat	16g	Sodium	1435mg
Carbs	27g	Vitamin A	2491IU
Fiber	10g	Vitamin C	173mg
Sugar	12g	Calcium	141mg
Protein	30g	Iron	5mg

Steak with Balsamic Jus

9 ingredients · 15 minutes · 4 servings



Directions

1. 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.
2. 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.
3. 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.
4. 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.

Ingredients

- 1 **tbsp** Coconut Oil
- 20 **ozs** 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)

Nutrition

Calories	435	Cholesterol	140mg
Fat	20g	Sodium	421mg
Carbs	10g	Vitamin A	7104IU
Fiber	2g	Vitamin C	23mg
Sugar	5g	Calcium	155mg
Protein	48g	Iron	7mg

Slow Cooker Honey Garlic Chicken

10 ingredients · 4 hours · 2 servings



Directions

1. Combine olive oil, raw honey, minced garlic, chili powder, sea salt and black pepper together in a bowl. Mix well.
2. 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.
3. 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.
4. 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.

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)

Nutrition

Calories	613	Cholesterol	302mg
Fat	33g	Sodium	933mg
Carbs	20g	Vitamin A	1508IU
Fiber	5g	Vitamin C	123mg
Sugar	10g	Calcium	98mg
Protein	60g	Iron	4mg