

Menu Planning Spreadsheet

**Bonus
Chapter**

No matter how large or small your daily carbohydrate allotment, this chart helps you plan your meals for the day. Save yourself the hassle of last-minute scrambling and counting, and make each meal more relaxing and enjoyable by using this step-by-step approach.

1. Using the Menu Planning Spreadsheet

The Menu Planning Spreadsheet shown here gives you the following information for each recipe:

- Net Carbohydrate Count per serving. This is the difference between the total amount of carbohydrates in grams less the fiber in grams. Use this number to make your calculations to figure your daily carbohydrate allotment.
- Grams of Protein per serving. As a rule of thumb, you need about half a gram of protein per pound of body weight per day. If you weigh 150 pounds you need 75 grams of complete protein every day.

Menu Planning Spreadsheet

Recipe	Type of Dish	Chapter	Net Carbs	Fiber	Protein
Almond Crackers	Starch	22	3	3	12
Apples with Raisins and Pecans	Side	21	14	3	1
Artichoke Chicken with Mushrooms	Main	10	7	2	34
Artichokes Stuffed with Shrimp	Main	16	7	7	13
Asian Smoked Turkey Slaw	Main	16	15	3	19
Asian Spinach Salad	Side	20	10	1	7
Asparagus Cheese Pie	Main	15	4	1	20
Asparagus Tart	Breakfast	5	3	<1	11
Asparagus with Hollandaise Sauce	Side	19	1	2	4
Avocado and Papaya Salad	Side	21	4	3	1
Avocado Margarita	Side	17	1	4	1
Avocado-Turkey Wrap	Side	18	3	3	10
Baked Avocado	Side	17	5	7	6
Baked Celery	Side	19	5	3	7
Baked Onions	Side	19	8	2	1
Baked Ricotta Cups	Dessert	24	8	1	5
Baked Salmon with Spinach Sauce	Main	12	1	0	29
Baked Swiss Onion Dip	Side	17	5	1	3
Baked Yams	Starch	23	16	3	1
Barley with Dill	Starch	23	16	4	5
Basic Cream Soup	Main	14	6	1	4
Basic Gumbo and Variations	Main	14	13	1	24

Menu Planning Spreadsheet

Recipe	Type of Dish	Chapter	Net Carbs	Fiber	Protein
Basil Pot Roast	Main	13	9	4	31
Basil Stuffed Chicken	Main	10	3	0	35
Basil Turkey with Peppers	Main	16	10	3	23
Basmati Rice Pilaf	Starch	23	17	1	2
BBQ Shrimp	Main	11	2	<1	26
Beef and Pork Skewers	Lunch	6	0	0	16
Beef Fajitas	Main	7	2	1	32
Beef Jerky	Side	18	1	0	16
Beef Ratatouille	Main	13	8	5	24
Beef Salad with Capers	Main	16	4	2	30
Beef Soup with Vegetables	Main	14	4	2	30
Beef Steak over Greens	Main	7	4	1	27
Beef Stroganoff	Main	7	1	0	32
Beef Tandoor	Main	7	2	0	30
Beef with Vinaigrette Sauce	Main	7	0	0	32
Beef Vegetable Burgundy Stew	Main	14	8	4	29
Beef-Jicama Chalupas	Main	7	5	9	19
Beer Bottom Smoked Chicken	Main	10	2	0	32
Blackened Fish	Main	12	1	0	30
Blue Cheese Rib Eyes	Main	7	0	0	21
Boiled Eggs	Breakfast	4	<1	0	6

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Menu Planning Spreadsheet

continued

Recipe	Type of Dish	Chapter	Net Carbs	Fiber	Protein
Braised Beef with Italian Herbs	Main	13	3	0	43
Brie Stuffed with Sun-Dried Tomatoes and Basil	Side	17	4	1	8
Broccoli Seafood Dip	Side	17	3	1	10
Broccoli-Stuffed Tomatoes	Side	19	6	3	3
Brunch Egg Casserole	Breakfast	5	12	<1	30
Brussels Sprouts with Pecans	Side	19	4	6	3
Buttermilk Herb Dressing	Side	20	3	0	1
Cabbage Rolls	Main	8	8	2	10
Caesar Salad	Side	20	2	1	3
Cajun Black Bean Soup	Main	14	10	3	6
Cajun Dirty Rice	Starch	23	21	1	15
Catfish Stew	Main	14	8	2	35
Celery Root Salad	Side	20	10	3	2
Cheese Apple Bake	Main	15	14	3	3
Cheese Bread	Starch	22	1	0	14
Cheesy Baked Eggs	Main	15	3	0	11
Cheesy Nuts	Side	18	1	1	6
Cherry Omelet	Dessert	24	10	1	6
Chewy Low-Carb Bread (Bread machine version)	Starch	22	5	1	14
Chicken and Fresh Fruit Salad	Main	16	14	3	25
Chicken Breasts Stuffed with Mushrooms and Spinach	Main	10	6	<1	38

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Recipe	Type of Dish	Chapter	Net Carbs	Fiber	Protein
Chicken Cole Slaw	Main	16	13	3	15
Chicken Couscous	Lunch	6	11	3	15
Chicken Liver Pâté with Pickles	Side	18	2	1	15
Chicken Macadamia	Main	10	4	2	34
Chicken Piccata	Main	10	4	<1	22
Chicken Quesadillas	Side	17	10	3	30
Chicken Soup with Paprika	Main	14	2	1	24
Chicken Stir-Fry with Fruit	Main	10	6	2	23
Chicken with Olives and Capers	Main	10	5	<1	32
Chile Relleno and Crab Casserole	Main	15	8	5	32
Chili Meat Loaf	Main	8	7	2	33
Chinese Chicken	Main	10	9	1	32
Chinese Meatballs	Main	8	7	6	29
Chocolate Chip Cheese Ball	Side	17	6	1	2
Chocolate Drop Cookies	Dessert	25	6	1	2
Chocolate Ganache	Dessert	25	4	0	0
Chocolate Mousse	Dessert	25	16	1	4
Chocolate Nut Pâté	Dessert	25	15	1	1
Chocolate Soufflé	Dessert	25	11	1	6
Chocolate Truffles	Dessert	25	5	0	0
Chorizo Omelet	Main	15	4	1	18
Clam Chowder with Mushrooms	Main	14	4	1	16
Cold Cut Rollups	Lunch	6	1	<1	14

continues

Menu Planning Spreadsheet

continued

Recipe	Type of Dish	Chapter	Net Carbs	Fiber	Protein
Cold Egg Cream Salad	Main	15	4	0	7
Cold Lemon and Blueberry Mousse	Dessert	24	23	1	5
Colorful Broccoli	Side	19	9	6	5
Company Chicken Spaghetti	Main	10	5	0	38
Congeaed Asparagus Salad	Side	20	3	3	13
Country Pâté	Main	9	1	<1	13
Crab Cakes with Mustard Creole Sauce	Main	11	8	0	21
Crab-Stuffed Eggplant	Main	11	4	4	17
Crabmeat au Gratin	Main	11	2	0	23
Crabmeat Florentine	Main	11	4	2	13
Cranberry Eggs	Breakfast	5	9	6	5
Cranberry Salad	Side	20	14	3	1
Crawfish Creole	Main	11	3	1	21
Crawfish Étouffée	Main	11	5	1	23
Creamed Cabbage	Side	19	4	1	1
Creamed Cajun Seafood	Main	11	2	2	15
Crispy Black Pepper Salmon	Main	12	2	1	37
CROUTONS	Starch	22	4	1	1
Crustless Cheesecake	Dessert	24	7	0	7
Crustless Quiche	Breakfast	5	3	0	23
Curried Chicken	Main	10	7	1	29
Curried Fruit on Skewers	Side	21	18	3	1

Menu Planning Spreadsheet

Recipe	Type of Dish	Chapter	Net Carbs	Fiber	Protein
Curried Pork Chops with Apricots	Main	9	6	<1	19
Deviled Eggs	Side	17	1	0	13
Dijon-Lemon Vinaigrette	Side	20	1	0	1
Double Chocolate Brownies	Dessert	25	10	2	3
Easy Cheese Breakfast Soufflé	Breakfast	5	1	0	17
Egg Pancake	Breakfast	4	1	0	13
Egg Rolls	Breakfast	4	8	2	15
Egg Salad and Variations	Lunch	6	2	0	13
Eggplant and Meat Casserole	Main	13	11	8	29
Eggplant Crisps for Dips	Side	18	1	1	1
Eggplant Spread	Side	17	6	8	3
Eggplant with Ground Beef	Main	8	7	2	20
Eggplant-Squash Bake	Side	19	11	5	9
Eggs Benedict	Breakfast	5	1	<1	27
Eggs with Spinach	Breakfast	5	2	<1	14
Eggs with Creamy Spinach	Main	15	11	0	16
Everyday Rolls	Starch	22	6	2	5
Fennel and Tomatoes	Side	19	6	3	2
Fiesta Confetti Salad	Side	20	14	5	5
Five-Day Coleslaw	Side	20	3	2	1
Five-Pepper Tuna	Main	12	0	0	34
Flourless Chocolate Tiramisu Cake	Dessert	25	9	2	3

continues

Menu Planning Spreadsheet

continued

Recipe	Type of Dish	Chapter	Net Carbs	Fiber	Protein
Fresh Berries with Orange Cream	Side	21	12	2	2
Fresh Fruit Medley with Poppy Seed Dressing	Side	21	14	3	1
Frosty Fruit	Side	21	13	4	4
Frozen Raspberry Soufflé	Dessert	24	21	1	3
Fruit Salad with Passion Fruit	Side	21	9	3	<1
Fruit-Stuffed Meat Loaf	Main	8	14	2	32
Garlic Roast	Main	7	0	0	32
German Pancakes	Breakfast	5	9	0	9
Ginger Carrots	Side	19	5	2	1
Gingered Papayas	Side	21	12	3	1
Gingersnaps	Dessert	24	5	1	2
Granola	Breakfast	4	15	4	10
Green Bean Almandine	Side	19	5	5	4
Green Beans, Pecans, and Feta	Side	19	5	5	5
Green Brown Rice	Starch	23	11	1	4
Green Goddess Dressing	Side	20	2	0	1
Green Peas Cooked in Lettuce	Side	19	9	5	5
Green Tomatoes and Ham	Main	9	11	2	27
Grilled Catfish with Mustard Sauce	Main	12	4	0	19
Grilled Fish Salad	Main	16	12	1	32
Guacamole	Side	20	2	5	2

Menu Planning Spreadsheet

Recipe	Type of Dish	Chapter	Net Carbs	Fiber	Protein
Halibut Salad with Carrots and Fennel	Main	16	4	2	23
Ham Flan	Breakfast	5	2	<1	10
Ham Rollups	Breakfast	4	3	1	23
Hamburger with Mushrooms and Cream	Main	8	3	1	9
Hearts of Palm Spinach	Side	19	6	4	6
Herbed Pork Chops	Main	9	1	1	21
Homemade Peach Ice Cream	Dessert	24	9	0	2
Homemade Peanut Butter	Side	18	4	4	12
Hot Chicken Salad	Main	16	6	2	20
Hot Crab Dip	Side	17	2	<1	10
Hot Fruit Soufflé	Dessert	24	6	1	4
Italian Baked Chicken	Main	10	<1	0	21
Italian Meatballs	Main	8	1	6	35
Jalapeño Red Potato Bowls	Starch	23	5	1	2
Jambalaya	Main	13	15	2	26
Lasagna	Main	8	6	<1	17
Layered Roast Salad	Main	16	9	3	25
Layered Salad	Lunch	6	7	3	16
Lemon Cheese Pie	Main	15	18	0	3
Lemon Crème Custard	Dessert	24	24	0	3
Lentil Soup	Main	14	10	8	7
Lobster Pâté	Side	17	2	0	17
Lobster with Mango	Side	17	12	1	27

continues

Menu Planning Spreadsheet

continued

Recipe	Type of Dish	Chapter	Net Carbs	Fiber	Protein
Luncheon Egg Ring	Main	15	7	0	35
Make-Ahead Italian Bake	Breakfast	4	7	2	9
Mandarin Orange Spinach	Side	20	11	4	7
Marinated Beef Kabobs	Main	7	6	2	33
Marinated Crab Fingers	Side	17	0	0	5
Marinated London Broil	Main	7	1	<1	26
Marinated Pork Tenderloin	Main	9	1	<1	30
Marinated Tomato Slices with Mozzarella	Side	20	4	2	8
Marinated Vegetables	Side	20	3	2	1
Meat and Cheese Loaf	Main	13	5	1	29
Mediterranean Halibut	Main	12	1	1	21
Mexican Chicken Avocado Soup	Main	14	6	3	15
Mexican Layers with Veggies	Lunch	6	10	5	15
Mexican Meat Soup	Main	14	4	<1	31
Mexican Omelet	Breakfast	5	9	3	15
Microwave Bacon	Breakfast	4	0	0	5
Microwave Cheesy Apples	Side	21	21	4	7
Microwave Scrambled Eggs	Breakfast	4	1	0	10
Minty Fruit	Side	21	12	2	1

Menu Planning Spreadsheet

Recipe	Type of Dish	Chapter	Net Carbs	Fiber	Protein
Mock Mashed Potatoes	Starch	23	2	1	1
Mock Potato Salad	Starch	23	3	1	4
Mushroom “Caviar”	Side	17	3	1	1
Mushroom-Artichoke Salad	Side	20	10	9	7
Mushroom-Gingered Ham Slice	Main	9	7	2	25
Mustard Brisket	Main	7	2	0	26
Nut Butter Spreads	Lunch	6	0	0	4
Nut Clusters	Dessert	25	11	2	1
Olive Cheese Bites	Side	17	5	1	4
Open-Face Canadian Bacon	Breakfast	4	1	0	14
Oriental Spinach Salad	Main	16	16	1	16
Oven BBQ Ribs	Main	9	12	0	21
Pacific Seafood Salad	Main	16	2	7	24
Pancake Syrup	Breakfast	5	10	0	0
Paprika Chicken	Main	10	5	1	29
Parmesan Snacks	Side	17	1	0	8
Party Cheese Log	Side	17	3	1	14
Peanut Butter Cookies	Dessert	24	7	1	4
Pear Compote	Side	21	20	5	1
Pears with Avocado and Lime	Side	21	14	6	1
Peasant Beef Casserole	Main	13	11	4	30
Pecan Trout	Main	12	2	6	30
Peppered Tenderloin Casserole	Main	13	7	2	35

continues

Menu Planning Spreadsheet

continued

Recipe	Type of Dish	Chapter	Net Carbs	Fiber	Protein
Picadille Dip	Main	8	8	3	32
Pickled Eggs	Side	18	0	0	6
Pickled Garlic	Side	18	7	0	1
Pine Nut Chicken	Main	10	6	1	38
Pine Nut–Barley Pilaf	Starch	23	13	4	3
Pork Chops and Cabbage	Main	9	7	2	32
Pork Chops with Apples	Main	9	15	5	19
Pork Chops with Raisins and Walnuts	Main	9	5	1	20
Pork Chops with Sauerkraut	Main	9	5	4	20
Pork Chops with Spaghetti	Main	9	12	3	21
Pork on a Stick	Side	18	4	2	40
Portobello Pizzas	Main	8	7	2	17
Pot Roast with Caraway, Orange, and Ginger	Main	7	4	1	32
Quinoa Pilaf with Vegetables	Starch	23	14	2	6
Ranch Dressing	Side	20	1	0	<1
Raspberry Mousse	Dessert	24	8	4	2
Red Bean and Ham Soup	Main	14	17	6	16
Red Snapper with Mango Salsa	Main	12	7	1	30
Rice Flour Rolls	Starch	22	5	0	10
Rich Cheesy Soup	Main	14	9	1	9
Rich Chocolate Brownie	Dessert	25	19	2	3
Roast Beef Scoop	Main	16	7	1	18

Menu Planning Spreadsheet

Recipe	Type of Dish	Chapter	Net Carbs	Fiber	Protein
Roasted Turkey Breast	Main	10	1	0	25
Roasted Vegetable-Fruit-Beef Salad	Main	16	14	1	26
Romaine Salad with Capers and Salami	Side	20	4	1	3
Rosemary Roasted Chicken	Main	10	8	0	25
Rosemary Walnuts	Side	18	1	2	5
Rubbed Beef Steak	Main	7	0	0	27
Rum-Flavored Bananas	Dessert	24	9	1	<1
Salad to Go	Lunch	6	10	3	7
Salmon in Dill Sauce	Main	12	4	0	25
Salmon Salad with Pickles and Raisins	Main	16	5	1	16
Salmon Soufflé	Breakfast	5	3	0	19
Salmon with Macadamia Lime Butter	Main	12	0	<1	36
Salmon with Olives and Lemon	Main	12	0	0	21
Sausage Muffins	Main	15	3	0	22
Sautéed Fruit	Dessert	24	14	3	1
Sautéed Shrimp in Artichoke Sauce	Main	11	4	3	23
Sautéed Steak with Green Peppercorns	Main	7	0	0	40
Scallop Salad	Main	16	5	2	6
Scotch Eggs	Lunch	6	3	1	24
Scrambled Eggs with Tomatoes and Basil	Breakfast	5	3	<1	13
Seafood Mold	Side	17	10	0	10

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continued

Recipe	Type of Dish	Chapter	Net Carbs	Fiber	Protein
Seafood with Curried Chutney Dressing	Main	11	4	3	29
Shrimp Dinner Boil	Main	14	12	3	18
Shrimp Scampi	Main	11	3	0	26
Shrimp with Fennel and Green Beans	Main	11	1	1	20
Shrimp with Sun-Dried Tomatoes	Main	11	7	2	21
Shrimp, Crab, and Artichokes au Gratin	Main	11	3	2	25
Sirloin with Lemon Sauce	Main	7	1	<1	33
Slow Cooker Chocolate-Amaretto Cheesecake	Chocolate	25	16	1	6
Slow Cooker Country Apples	Dessert	24	19	3	1
Slow Cooker Italian Brisket	Main	13	5	0	30
Slow Cooker Pot Roast	Main	7	0	0	21
Smoked Salmon Cheesecake	Main	15	5	0	14
Smoked Salmon Spread	Side	17	0	0	4
Smothered Pork Chops	Main	9	7	1	21
Southern Chili	Main	14	18	5	31
Southern Greens	Side	19	3	5	5
Southwestern Vegetables	Side	19	19	6	8
Spaghetti Sauce	Main	8	7	2	14
Spaghetti Squash with Italian Sauce	Side	19	14	2	7

Menu Planning Spreadsheet

Recipe	Type of Dish	Chapter	Net Carbs	Fiber	Protein
Spiced Nuts and Seeds	Side	18	2	2	5
Spicy Seafood Stew	Main	14	4	2	21
Spinach Artichoke Dip	Side	17	3	2	9
Spinach and Ricotta Pie	Main	15	4	1	16
Spinach Cheese Squares	Side	17	4	0	8
Spinach Salad with Hot Bacon Dressing	Side	20	3	1	9
Spinach Wrappers	Side	18	3	1	7
Steak Salad	Main	16	4	2	23
Stewed Chicken	Main	13	3	1	28
Strawberry Cream	Dessert	24	6	1	1
Stuffed Acorn Squash	Side	19	12	2	2
Stuffed Green Peppers	Main	8	7	3	34
Stuffed Steak	Main	7	0	0	42
Stuffed Veggies	Side	18	5	2	5
Stuffed Yams	Starch	23	17	3	8
Summer Quick Shrimp	Main	11	1	0	18
Sweet-and-Sour Stew	Main	14	10	2	30
Sweet Potato Oven Fries	Starch	23	16	3	1
Sweet Red Pepper and Crab Bisque	Main	14	2	1	16
Swiss Onions	Side	19	11	1	4
Tamale Pie	Main	8	19	4	11
Tapioca Pudding	Dessert	24	14	0	3
Tasty Turnips	Side	19	5	1	1

continues

Menu Planning Spreadsheet

continued

Recipe	Type of Dish	Chapter	Net Carbs	Fiber	Protein
Toasted Pumpkin Seeds	Side	18	2	0	3
Tomatoes Stuffed with Blue Cheese and Mushrooms	Side	19	5	3	4
Trail Mix	Side	18	6	2	4
Trout Dinner in a Bag	Main	12	10	5	30
Tuna Fish Cakes	Main	12	1	0	13
Turkey-Apple Salad	Main	16	13	2	26
Twice-Baked Potatoes	Starch	23	16	4	2
Veal Chops with Tarragon	Main	9	2	0	20
Veal Italian Style	Main	13	2	0	28
Veal Marsala with Creme	Main	9	5	<1	39
Veal Parmesan	Main	9	10	3	30
Vegetable Pasta	Starch	22	2	2	1
Vibrant Peppers and Tomatoes	Side	19	4	2	1
Waldorf Salad	Side	21	4	2	3
Walnut Cake with Chocolate Cream	Dessert	25	13	2	7
Warm Caraway Cabbage with Carrots	Side	19	9	2	1
White Chili	Main	14	18	9	29
Wild Rice and Beef Casserole	Main	8	10	<1	30
Winter Salad	Side	20	3	2	2
Yeast Bread with Seeds	Starch	22	6	4	10
Yellow Squash Casserole	Side	19	12	3	5
Your Choice Stir-Fry	Main	13	2	7	25

2. Using the Daily Planning Worksheet

On the Daily Planning Worksheet, keep track of the following information:

- Write down what you eat for breakfast and calculate the amount of carbs and protein for that meal.
- Write down all snacks, lunch, and dinner foods, and calculate the amount of carbs and protein.
- Add up your daily totals for both carbohydrates and proteins. If they match your allotment, you are done with your carb and protein planning for the day.
- Readjust your menu, recipes, and quantities for the following day if your totals are higher or lower than your planned amounts of carbohydrates. Continue to do this until you reach your goals.
- Continue to record your food and carb intake for several months. If you start to regain your weight or experience wellness setbacks, return to recording your carb intake on the Daily Planning Worksheet.

3. Getting Balanced Meals

Review your Daily Planning Worksheet to assure that:

- You are eating at least five servings of vegetables and fruits. Do this by eating two servings per meal. You can also eat servings of vegetables and fruits for snacks.
- Your carbohydrates allotment is spread throughout the day and not all spent on one or two meals.
- Your protein intake is balanced at breakfast, lunch, and dinner. Plan to eat about one third of your protein requirement at each meal.
- You are eating foods that appeal to you and to all of your senses. Include different textures and aromas. Also, eat some hot foods and some cold ones.
- You are eating a rainbow throughout the day. Eat vegetables and fruits with many colors of the rainbow.

You can copy the following Daily Planning Worksheet and plan a day ahead or a week ahead, based on your needs.

Daily Planning Worksheet

Meal or Snack	Recipe Choice	Page #	Net Carbohydrate Count	Complete Protein
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Snack				
Total for the day:				