

# Low Carb Lunch Ideas

Caprese Avocado Salad <https://damndelicious.net/2014/05/26/caprese-avocado-salad/>

Zucchini Pasta with Poached Eggs and Quick Heirloom Cherry Tomato Basil Sauce <https://www.halfbakedharvest.com/15-minute-zucchini-pasta-w-poached-eggs-quick-heirloom-cherry-tomato-basil-sauce/>

Shawarma Chicken Bowls with Basil-Lemon Vinaigrette <https://www.theironyou.com/2014/08/shawarma-chicken-bowls-with-basil-lemon.html>

Oh My Gosh, Spaghetti Squash <http://www.mynewroots.org/site/2010/11/oh-my-gosh-spaghetti-squash-2/>

Crispy Peanut Tofu & Cauliflower Rice Stir Fry <https://minimalistbaker.com/crispy-peanut-tofu-cauliflower-rice-stir-fry/>

Chicken and Asparagus Lemon Stir Fry [https://www.skinnytaste.com/chicken-and-asparagus-lemon-stir-fry/#\\_a5y\\_p=1364121](https://www.skinnytaste.com/chicken-and-asparagus-lemon-stir-fry/#_a5y_p=1364121)

Grilled Chicken with Spinach and Melted Mozzarella <https://www.skinnytaste.com/grilled-chicken-with-spinach-and-melted/#5Dv3atPmCDE8meZo.99>

Grilled Buffalo Chicken Lettuce Wraps <https://www.joyfulhealthyeats.com/grilled-buffalo-chicken-lettuce-wraps/>

Southwestern Turkey Quinoa Stuffed Peppers <https://www.joyfulhealthyeats.com/southwestern-turkey-quinoa-stuffed-peppers/>

Skinny Shrimp Scampi over Low Carb Zoodles <http://www.skinnykitchen.com/recipes/skinny-shrimp-scampi-over-low-carb-zoodles/>

