



KETO DIET

	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	Savoury Breakfast Cake	Baked Fish w/ Tomato Cauliflower Rice Tahina	Cuban Chicken w/ Grilled Veggies & Peanut Sauce	Keto Almond Chocolate Loaf
TUESDAY	Coconut Strawberry Chia Seed Pudding w/ Nuts	Swedish Meatballs with/ Zucchini Noodles	Cajun Chicken Salad w/ Avocado & Lemon Vinaigrette Dressing	Coconut Macaroons
WEDNESDAY	VMeals Broccoli Cheddar Bites	Keto Creamy Spinach Pizza w/ Paneer	Blakened Salmon w/ Keto Mushroom Sauce	Keto Nut Cake
THURSDAY	Keto Berry Pancake w/ Peanut Butter Glaze	South Asian Grilled Fish w/ Sauteed Veggies & Broccoli Soup	Chicken Mushroom w/ Pesto Cauliflower Rice & Parmesan Cheese	Keto Cookie
FRIDAY	Scrambled Egg w/ Tomato & Cheese	Lettuce Wrap Beef Burger w/ Cheddar Cheese & Ranch Dip	Creamy Green Thai Curry w/ Chicken & Nuts	Keto Raspberry Cheesecake
SATURDAY	Blueberry Protein Crepes w/ Cream Cheese	Coconut Shrimps w/ Sesame Seed & Spring Onion	Chicken Strips Tomato Tahina Sauces w/ Grilled Vegetables	Keto Blondies
SUNDAY	Stuffed Egg Omelete w/ Veggies	Chinese Style Stir Fry Hummour w/ Broccoli Rice	Beef Stroganoff w/ Zucchini Noodles	Keto Berry Tart