



# KETO DIET

	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	Keto Savory Turkey, Mushroom & Cheese Crepe	Chicken Taouk w/ Tomato Cauliflower Rice & Ranch Avocado Dip	Tuscan Fish w/ Roasted Thyme Asparagus Wedge	Keto Almond Chocolate Loaf
TUESDAY	Egg & Sundried Tomato Frittata	Red Sauce Kofta w/ Roasted Vegetables & Yoghurt Cucumber Mint Side	Arugula Chicken Salad w/ Cherry Tomatoes, Grilled Halloumi & Salad Vinaigrette Dressing	Coconut Macaroons
WEDNESDAY	Strawberry Peanut Butter Keto Wrap w/ Crushed Nuts & Chia Seeds	Keto Creamy Pesto Shrimp w/ Mashed Cheesy Broccoli	Butter Paneer w/ Roasted Vegetables	Keto Nut Cake
THURSDAY	Protein Chia seeds Pudding w/ Blueberries, Mangoes & Coconut Flakes on top	Corriander Grilled Tilapia w/ Aioli Zucchini Pasta & Olives	Aromatic Grilled Chicken w/ Cauliflower Rice & Dill Sauce	Keto Cookie w/ Dard Chocolate Drizzle
FRIDAY	Cheesy Scrambled Eggs & Vegetables	Keto BLT Chicken Burger w/ Cheddar Cheese Dip	Mexican Beef Stew w/ Okra & Vegetables	Keto Raspeberry Cheesecake
SATURDAY	Keto Vanilla Protein Pancake w/ Chocolate Glaze & Crushed Nuts	Creamy Coconut Chicken w/ Roasted Vegetables	Garlic Butter Salmon w/ Broccoli Rice	Keto Blondies
SUNDAY	Veggie Stuffed Rolled Omelette w/ Guacamole Dip	Creamy Tomato Basil Hamour w/ Roasted Vegetables	Beef Ragu w/ Veggies & Cheese	Keto Berry Tart