



Keto Weekly Menu

Custom Calories

	BREAKFAST	LUNCH	DINNER	SNACK
Monday	Egg Shakshuka w/ cheese	White Fish Katsu Curry w/ Mixed Veggies	Keto Shepherd's Pie	Keto Almond Chocolate Loaf
Tuesday	Keto Chocolate Protein Pancake w/ Nuts	Cajun Salmon w/ mixed peppers and Green Beans	Southwest Chicken Bowl w/ Keto Buffalo Sauce	Keto Blueberry Tart
Wednesday	Egg Breakfast Bowl w/ Sliced Avocados, Olives & Feta	Jerk Chicken w/ cabbage salad & peanut sauce	Braised Lamb w/ Zucchini and Cheesy Cauliflower	Keto Raspberry Cheesecake
Thursday	Keto Berry Fruit Protein Chia Seed Pudding	Keto Caramelized Beef w/ Broccoli & Keto Sesame Dressing	Grilled Chicken w/ Creamy Spinach & Baby marrow	Keto Berry Salad w/ greek yogurt, seeds & nuts
Friday	Keto Spinach Omlette w/ Cheese and Bell Peppers	Creamy Tomato Paprika Fish w/ Broccoli	Mexican Chicken Stew w/ cauliflower rice	Keto Cookie
Saturday	Keto Waffles w/ Greek Yogurt & Seeds	Garlic & Chilli Fried Seabream w/ Mixed Vegetables	Chicken & Mushroom Skillet Lettuce Wrap w/ cheesy sauce	Almond & Berry Chia Seed Pudding
Sunday	Berry & Walnut Keto Crepes w/ peanut butter	Creamy Tuscan Shrimp w/ Mixed Peppers & Green Beans	Taco Chicken Bowl w/ sour cream, olives & sliced avocados	Celery Sticks w/ keto tzatziki sauce