



Keto Diet Weekly Menu

Custom Calories

	BREAKFAST	LUNCH	DINNER	SNACK
Monday	Scrambled Eggs w/ Cheese	Grilled Chicken w/ Zucchini Noodles & Spinach Creamy Sauce	Almond Crust Fish w/ Sauteed Veggies	Keto Almond Chocolate Loaf
Tuesday	Keto Crepe w/ Walnuts & Strawberry Syrup	Kare Kare w/ Coconut Cream	Turkish Chicken Kebabs w/ Garlic Butter Sauce	Coconut Cookie
Wednesday	Keto Green Salad w/ Feta Cheese & Raspberry Vinaigrette Dressing	Thai Grilled Salmon w/ Eggplant & Pumpkin	Moroccan Grilled Lamb w/ Charmoula	Keto Cookie
Thursday	Tropical Chia Seeds Pudding w/ Almonds	Grilled Fish w/ Broccoli Rice & Creamy Mustard Sauce	Mandi Chicken w/ Tomato Sauce	Keto Chocolate Marble Cake
Friday	Cheesy Omelette w/ Bell Pepper & Spinach	Creamy Paneer w/ Green Beans & Pumpkin	Keto Kofta w/ Cauliflower Rice & Tahini Sauce	Keto Raspberry Cheesecake
Saturday	Keto Protein Waffles w/ Berries & Yogurt	Shrimp Saganaki w/ Creamy Mushroom Sauce	Chipotle Chicken Bowl w/ Ranch Sauce	Keto Blondies
Sunday	Keto Chicken Pesto Sandwich	Pan - Seared Kingfish w/ Ginger Garlic Sauce	Keto Creamy Beef Stroganoff w/ Sauteed Vegetables	Keto Berry Tart