



Keto Diet Weekly Menu

Custom Calories

	BREAKFAST	LUNCH	DINNER	SNACK
Monday	Creamy Scrambled Eggs w/ Veggies	Tuscan Fish w/ Eggplant & Green Beans	Paprika Chicken Salad w/ Olive oil Balsamic Vinaigrette Dressing & Nuts	Keto Almond Chocolate Loaf
Tuesday	Blueberry Chia Seed Pudding w/ Peanut Butter	Grilled Chicken w/ Mashed Pumpkin & Spinach Creamy Sauce	Tomato Meatballs w/ Zucchini Noodles & Parmesan Cheese	Coconut Cookie
Wednesday	Keto Pancake w/ Strawberry Syrup	Citrus Salmon w/ Greens & Creamy Oregano-Thyme Sauce	Cheesy Chicken Burger w/ Eggplant Fries	Keto Nut Cake
Thursday	Half-Moon Omelette w/ Mushroom & Loaded Cheese	Green Thai Fish Curry w/ Broccoli Rice	Grilled Chicken w/ Mashed Cauliflower & Lemon-Mustard Sauce	Keto Cookie
Friday	Keto Crepe w/ Mixed Berries Cinnamon Syrup	Crispy Paneer w/ Creamy Tomato Garlic Sauce	Spinach & Beef Stew w/ Sauteed Veggies	Keto Raspberry Cheesecake
Saturday	Egg Rolls w/ Cheese	Shrimp Scampi w/ Cauliflower & Spinach	Cajun Chicken w/ Pumpkin Cabbage & Avocado Salsa	Keto Blondies
Sunday	Halloumi Veggie Lettuce Wrap	Lemon & Herb Kingfish w/ Sauteed Veggies & Tartare Sauce	Keto Beef Zucchini Boats	Keto Berry Tart