



Keto Diet Weekly Menu

Custom Calories

	BREAKFAST	LUNCH	DINNER	SNACK
Monday	Keto Cinnamon Waffle w/ Strawberry Glaze	Arabic Fish in Creamy Tomato Sauce w/ Veggies	Tajin Chicken Salad w/ Ranch Dressing	Keto Almond Chocolate Loaf
Tuesday	Keto Jian Bing	Beef Kofta Curry w/ Garlic Yogurt Dip	Grilled Zaatar Chicken w/ Lemon Tahini Sauce	Coconut Macaroons
Wednesday	Keto Lime Pancake w/ Coconut Glaze	Mushroom, Lamb and Spinach Stew w/ Cheese	Keto Baked Garlic Parmesan Salmon w/ Green Beans	Keto Nut Cake
Thursday	Pesto Scrambled Egg w/ Cheese	Grilled Fishw/ Sun-Dried Tomato, Garlic & Spinach Cream Sauce	Keto Chicken Fajita Casserole w/ Avocado Dip	Keto Cookie
Friday	Blueberry Chia Seed Pudding w/ Peanut Butter	Mongolian Beef Zucchini Noodles w/ Sesame Seeds	Creamy Cashew Paneer w/ Vegetables	Keto Raspberry Cheesecake
Saturday	Greek Egg w/ Olive & Sun-Dried Tomato	Spanish-Style Shrimp Paella w/ Cauliflower Rice	Pan Seared Mushroom Chicken w/ Broccoli	Keto Blondies
Sunday	Keto Chocolate Crepe w/ Blueberry Glaze	Herb-Grilled Hamour w/ Mustard Sauce	Classic Keto Beef Bacon Burger w/ Cheddar Cheese	Keto Berry Tart