



Keto Diet Weekly Menu

Custom Calories

	BREAKFAST	LUNCH	DINNER
Sunday	Mushroom, Bell Pepper & Spinach Omlette with Cheese	White Fish Katsu Curry with Mixed Veggies	Beef Taco Bowl
Monday	Keto Nutty Protein Pancakes with Nuts	Pan Fried Salmon in Creamy Lemon Garlic Sauce	Chipotle Chicken with Grilled Baby Marrow & Avocados
Tuesday	Scrambled eggs with Sautéed Veggies & Cheese	Grilled Chicken with Creamy Mushroom Sauce & Mix Vegetables	Braised Lamb with Zucchini & Broccoli
Wednesday	Keto Almond Crepes with Greek Yogurt	Caramelized Beef with Broccoli	Caribbean Pan-Fried Chicken with Mixed Veg & Peanut Sauce
Thursday	Egg & Vegetable Pizza	Fish Cacciadore with Mixed Veggies	Creamy Mushroom & Pepper Chicken Skillet
Friday	Avocado Hummus Salad with Olives	Herb Crusted Kingfish with Veggies	Mozzarella Chicken with Creamy Marinara Sauce & Peppers
Saturday	Mango Protein Chia Seed Pudding	Keto Shrimp Caprese Bake	Creamy Citrus Chicken Salad