



Keto Diet Weekly Menu

Custom Calories

	BREAKFAST	LUNCH	DINNER
Sunday	Egg Shakshuka with Sauteed Veggies & Cheese	White Fish Coconut Stew with Veggies	Beef Buddha Bowl with Broccoli & Keto Sesame Sauce
Monday	Berry Protein Pancakes with Peanut Butter	Pan-Fried Salmon with Mix Vegetables & Balsamic Garlic Sauce	Harissa Grilled Chicken with Salsa & Avocado Sauce
Tuesday	Pomegranate Chia Seed Pudding with Coconut Milk	Mexican Grilled Chicken with Bacon, Broccoli & Cheese	Braised Lamb with Zucchini and Cauliflower
Wednesday	Avocado Egg Bake with Feta	Caribbean Beef Vegetable Stew with Cauliflower Rice	Chicken Stir-Fry with Creamy Spinach & Baby Marrow
Thursday	Spanish Omelette with Bell Peppers, Mushrooms & Cheese	Pesto Fish with Olives, Green Beans & Creamy Basil Broccoli Dressing	Chicken Stir-fry with Red peppers & Mushrooms & Keto Cashew Sauce
Friday	Fruit & Yogurt Parfait with Nuts	Buttered Snapper with Mix Vegetables & Butter Lemon Garlic Sauce	Pizza Stuffed Peppers with Bacon & Cheese
Saturday	Apple Protein Chia Seed Pudding	Tomato Garlic Shrimp with Schezuan Cauliflower Rice & Olives	Chicken Piccata with Creamy Marinara Sauce & Mixed Vegetables