



# Keto Diet Weekly Menu

## Custom Calories

|                  | BREAKFAST  | LUNCH   | DINNER   |
|------------------|--|---|--|
| <b>Sunday</b>    | Egg, Vegetable & Cheese Wrap                           | Supreme Fish with Mushrooms & Peppers                 | Beef Steak with Spinach                                |
| <b>Monday</b>    | Keto Nutty Protein Pancakes with Greek Yogurt          | Pan-Seared Salmon with Tomato Salsa                   | Baked Caribbean Chicken with Broccoli & Mushroom Sauce |
| <b>Tuesday</b>   | Strawberry Protein Chia Seed Pudding                   | Chicken Greek Salad with Feta & Olives                | Pan-Seared Lamb with Mustard Cream Sauce               |
| <b>Wednesday</b> | Avocado, Egg & Olive Salad with Cilantro Lime dressing | Keto Caramelized Beef with Green Beans                | Chicken Tarragon with Peanut Sauce & Zucchini          |
| <b>Thursday</b>  | Mushroom, Spinach & Bell Pepper Omlette with Cheese    | Balsamic-Glazed Fish with Mushroom Sauce & Vegetables | Smoky chicken with Baby Marrow & Cheese                |
| <b>Friday</b>    | Keto Nutty Protein Crepes with Peanut Butter           | Chilli Lemon Pomfret with Broccoli                    | Chicken Parmesan Stuffed Zucchini Boats                |
| <b>Saturday</b>  | Almond Protein Chia Seed with Mix Fruits               | Cajun Creamy Shrimp with Beetroot Salad               | Chicken Guacamole Egg Wrap                             |