



KETO
(1300kcal - 1500kcal)

	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	Keto crepes with berries sauce	Keto shrimps zucchini pasta	Baked Chicken cheese with grilled veggies	Keto cake
TUESDAY	Mushroom omelette	Creamy chicken with cauliflower mashed	Beef Thai Curry with roasted broccoli	Salami chips
WEDNESDAY	Cheesy chicken nuggets	Sautéed chicken with zucchini noodles	Tomato olives fish stew with veggies	Dip cheese with veggies sticks
THURSDAY	Keto Egg Frittata	Chicken sauteed mushroom with broccoli rice	Coconut butter grilled chicken with roasted veggies	Turkey bacon chips
FRIDAY	Almonds chia pudding	Creamy Lemon Garlic Salmon with roasted veggies	Chicken Alfredo with broccoli	Keto peanut butter bars
SATURDAY	Egg cheese muffins	Chicken balls with zucchini pasta	Beef bacon cheeseburger casserole	Keto brownies
SUNDAY	Strawberries chia pudding	Lemon & black pepper chicken cauliflower rice	Keto chicken Provençal	Keto protein balls