

KETO

(1300kcal - 1500kcal)

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Mini beef patties with cheese	Lemon shrimps with olives	Chicken mustard with roasted veggies	Salami & cheese chips	Green shake (vegan protein, banana, spinach, strawberries, soy milk)
TUESDAY	Pesto egg omelette	Keto Beef eggplant rollatini	Chicken kale salad	Keto Nuts protein balls	Fragola Cream (vegan protein, soy milk, strawberries, banana)
WEDNESDAY	Vanilla chia pudding	Sesame fish with broccoli mashed	Keto Chicken Shish Tawook	Keto cake	Mango Banana (vegan protein, soy milk, mango, banana)
THURSDAY	Egg cheese roll	Chinese style chicken zucchini noodles	Grilled Chicken with Olives Greek Salad	Celery sticks with cheese	Strawberry - beet (vegan protein, soya milk, strawberries, beetroot)
FRIDAY	Mocha almond protein chia pudding	Pulled chicken with cauliflower rice	Chimichurri Salmon with roasted veggies	Roasted nuts	Very Berries (vegan protein, soy milk, blueberries)
SATURDAY	Cheese omelette	Beef hot garlic zucchini noodles	Chicken with keto cauliflower mashed	Keto protein bar	Green shake (vegan protein, banana, spinach, strawberries, soy milk)
SUNDAY	Almond chia pudding	Lemon coriander chicken with broccoli rice	Grilled chicken with parmesan roasted eggplant	Keto cookies	Fragola Cream (vegan protein, soy milk, strawberries, banana)