



ENERGY  
MEAL  
PLANS

8th- 14th Sept

KETO  
(1300kcal - 1500kcal)

	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	Lettuce wrap chicken sandwich	Creamy garlic shrimps with cauliflower rice	Chicken skillet	Keto tart
TUESDAY	Keto English breakfast	Mongolian beef with zoodles	Chicken Ranch portobello stuffed	Olives tapenade with veggies
WEDNESDAY	Vanilla chia pudding	Sesame chicken stir fry	Fry Parmesan roasted white fish with broccoli mashed	Keto Protein bar
THURSDAY	Cheesy Omelette	Tuscan chicken zucchini noodles	Pesto chicken with garden salad	Roasted nuts
FRIDAY	Keto Waffles	Broccoli Cheddar Stuffed Chicken	Salmon keto Poke Bowl	Keto cookies
SATURDAY	Stuffed eggs cheese capsicum	Chicken Arabiatta With Creamy Zoodles	Chicken Florentine with veggies	Keto berries muffin
SUNDAY	Berries chia pudding	Keto Herbs Chicken Ceasar Salad	Keto Bread Chicken Shawarma & Salad	Keto Energy Chocolate Cake