



PALEO PLAN
(1200kcal - 1400kcal)

13th - 19th Oct

	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	Paleo crepes with strawberries	Chicken & spinach cauliflower DF risotto	Shrimp and Broccoli Stir-Fry	Chocolate & peanut butter cups
TUESDAY	Chicken balls with veggies	Chicken with Zucchini Noodles	Beef Bourguignon with cauliflower mashed	Roasted almonds
WEDNESDAY	Blueberries chia pudding	DF - Creamy chicken with broccoli rice	Baked Fish fingers with roasted veggies	Keto Nuts protein balls
THURSDAY	Mediterranean Scrambled eggs with keto bread	Zucchini Chicken balls with zucchini Pasta	Kung Pao Tofu with Chicken with Cauli rice	Mini zucchini pizza
FRIDAY	Peanut butter chia pudding	Salmon With Lemon-Herb Butter Sauce & roasted veggies	Lebanese grilled Chicken with Salad	Keto tart
SATURDAY	Baked Eggs in Stuffed Peppers	Mini beef burgers with salad	Lime herbs Chicken with Veggies	Keto protein bar
SUNDAY	Scrambled eggs	Asian style chicken zucchini noodles	Chicken Piccata with saute Veggies	Keto cookies