

## WEEKLY KETO MENU - MEN

	Sunday	Monday	Tuesday	Wednesday	Thursday
<b>Breakfast</b>	Breakfast egg wrap roll, chicken sausage, portobello mushroom, cherry tomatoes, roquette, Persian fetta caramelized onion, lemon dill mayonnaise	Love food Shakshuka, rich tomato sauce, roasted capsicum, poached egg, sauté kale, Dukkha spice, Persian fetta	Beef bacon egg wraps, wilted spinach, tomato relish, caramelized onion, Persian fetta	Keto vanilla oat free granola, coconut yoghurt, blackberries, raspberries salad	Cauliflower "keto baked beans ", chicken sausage, roasted roma tomato, sauté spinach, toasted almond bread, fried egg, sauté mushroom
<b>Instruction</b>	Heat for 1 min	Heat for 1 min	Heat for 1 min	Cold	Heat for 1 min
<b>Lunch</b>	Asian prawn, cauliflower fried rice, sauté Asian greens, hoisin mayonnaise, bean sprout salad	Arabic lamb loin, cauliflower quinoa, green beans, figs, fetta, Arabic eggplant, pomegranates, pistachio dressing	Beef burger, keto friendly burger bun, tomato, roquette, beef bacon fried egg, avocado mash, celeriac chips, BBQ sauce	Seared barramundi, artichoke, poached egg, veal bacon, olives, green beans, cherry tomatoes, roquette, cucumber, herb vinaigrette	Confit chicken salad, pickled cucumber, avocado, green beans, fennel, green asparagus, mixed garden green leaves, keto savory granola, basil vinaigrette
<b>Instruction</b>	Heat for 1.30 sec	Cold	Heat for 1.30 sec	Heat for 1.30 sec	Cold
<b>Dinner</b>	Green zucchini fettuccini carbonara, veal bacon, portobello mushroom, sauté spinach, poached egg, basil pesto	Chicken schnitzel, pumpkin puree, green beans, sauté spinach, braised cabbage, Napoli sauce, basil pesto	Seared salmon, pumpkin puree, green asparagus, portobello mushroom sauté spinach, red stock bone broth jus	Chicken satay, Asian scented cauliflower rice, sauté bok choy, choi sum, Thai basil, bean sprout salad, satay sauce	Beef sirloin, pumpkin puree, green beans, portobello mushroom, sauté spinach, thyme jus
<b>Instruction</b>	Heat for 1:30 sec	Heat for 1:30 sec	Heat for 1:30 sec	Heat for 1:30 sec	Heat for 1:30 sec
<b>Macro (Men)</b>	Net carbs: 21.6 Total carbs: 34.3 Protein: 104.5 Fat: 117.5 Kcal: 1533.2	Net carbs: 19.3 Total carbs: 30.4 Protein: 102.1 Fat: 119.3 Kcal: 1609	Net carbs: 11.6 Total carbs: 21.2 Protein: 120.1 Fat: 120.8 Kcal: 1680.7	Net carbs: 16.6 Total carbs: 29.6 Protein: 110.2 Fat: 118 Kcal: 1572	Net carbs: 14.8 Total carbs: 30.3 Protein: 97.9 Fat: 121.2 Kcal: 1560.6

## WEEKLY KETO MENU - WOMEN

	Sunday	Monday	Tuesday	Wednesday	Thursday
<b>Breakfast</b>	Breakfast egg wrap roll, chicken sausage, portobello mushroom, cherry tomatoes, roquette, Persian fetta caramelized onion, lemon dill mayonnaise	Love food Shakshuka, rich tomato sauce, roasted capsicum, poached egg, sauté kale, Dukkha spice, Persian fetta	Beef bacon egg wraps, wilted spinach, tomato relish, caramelized onion, Persian fetta	Keto vanilla oat free granola, coconut yoghurt, blackberries raspberries salad	Cauliflower "keto baked beans ", chicken sausage, roasted roma tomato, sauté spinach, toasted almond bread, fried egg, sauté mushroom
<b>Instruction</b>	Heat for 1 min	Heat for 1 min	Heat for 1 min	Cold	Heat for 1 min
<b>Lunch</b>	Asian prawn, cauliflower fried rice, sauté Asian greens, hoisin mayonnaise, bean sprout salad	Arabic lamb loin, cauliflower quinoa, green beans, figs, fetta, Arabic eggplant, pomegranates, pistachio dressing	Beef burger, keto friendly burger bun, tomato, roquette, beef bacon, fried egg, avocado mash, celeriac chips, BBQ sauce	Seared barramundi, artichoke, poached egg, veal bacon, olives, green beans, cherry tomatoes, roquette, cucumber, herb vinaigrette	Confit chicken salad, pickled cucumber, avocado, green beans, fennel, green asparagus, mixed garden green leaves, keto savory granola, basil vinaigrette
<b>Instruction</b>	Heat for 1.30 sec	Cold	Heat for 1.30	Heat for 1.30 sec	Cold
<b>Dinner</b>	Green zucchini fettuccini carbonara, veal bacon, portobello mushroom, sauté spinach, poached egg, basil pesto	Chicken schnitzel, pumpkin puree, green beans, sauté spinach, braised cabbage, Napoli sauce, basil pesto	Seared salmon, pumpkin puree, green asparagus, portobello mushroom sauté spinach, red stock bone broth jus	Chicken satay, Asian scented cauliflower rice, sauté bok choy, choi sum, Thai basil, bean sprout salad, satay sauce	Beef sirloin, pumpkin puree, green beans, portobello mushroom, sauté spinach, thyme jus
<b>Instruction</b>	Heat for 1:30 sec	Heat for 1:30 sec	Heat for 1:30 sec	Heat for 1:30 sec	Heat for 1:30 sec
<b>Macro (Women)</b>	Net carbs: 17.2 Total carbs: 29.9 Protein: 77.3 Fat: 82.3 Kcal: 1115.2	Net carbs: 17.7 Total carbs: 28.9 Protein: 81.9 Fat: 84.6 Kcal: 1231	Net carbs: 8.8 Total carbs: 18.4 Protein: 75.2 Fat: 85 Kcal: 1174.1	Net carbs: 13.6 Total carbs: 26.5 Protein: 79.3 Fat: 87.2 Kcal: 1151	Net carbs: 12.5 Total carbs: 26.9 Protein: 77.3 Fat: 84.9 Kcal: 1148