

## WEEKLY KETO MENU - MEN

	Sunday	Monday	Tuesday	Wednesday	Thursday
<b>Breakfast</b>	Green zucchini, beef bacon, confit chicken, asparagus, sauté kale, pickled fennel roquette salad, tomato relish	Love food keto friendly vanilla coconut granola, raspberries, black currants	Chicken rissoles, creamed leek, pumpkin puree, roasted asparagus, portobello mushroom, rosemary jus	Love food big breakfast, sauté spinach, portobello mushrooms, chicken sausage, sumac beef bacon, fried egg, Persian fetta, tomato relish	Caramelized onion pumpkin waffle, chicken sausage, veal bacon, fried egg, portobello mushroom, tomato relish
<b>Instruction</b>	Heat for 1 min	Cold	Heat for 1 min	Heat for 1 min	Heat for 1 min
<b>Lunch</b>	Chicken laksa, sauté Asian greens, roasted pumpkin, cauliflower rice, Asian herb salad	Tuna poke, Japanese keto cauliflower rice, avocado, pickled daikon, kaiso seaweed salad, sauté kale, Japanese dressing	Asian confit chicken noodle pancakes, green mango, green papaya Asian salad, sauté wombok, tea dropped egg, gochujang mayonnaise	Arabic house smoked salmon salad, roasted spiced cauliflower, pomegranates, figs, roasted eggplant, green beans, pistachio dressing	Asian grilled salmon, daikon noodles, green beans, pickled kohlrabi, pickled papaya, Asian herb salad, nahm jim mayonnaise
<b>Instruction</b>	Heat for 1:30 sec	Cold	Heat for 1 min	Cold	Cold
<b>Dinner</b>	Beef lasagna, eggplant "pasta sheets", provolone cheese, Napoli sauce, roquette parmesan salad	Braised beef brisket, celeriac puree, green beans, broccolini, chipotle jus, coriander, fried garlic salad	Beef goulash, roasted red onion, broccolini, roasted pumpkin, cauliflower rice, spiced beef jus	Chicken burger, avocado puree, beef bacon, fried egg, caramelized onion, celeriac chips, dill lemon mayonnaise	Love food traditional spaghetti Bolognese, green zucchini noodles, roquette parmesan salad
<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: 18.1 Total carbs: 28.8 Protein: 96.2 Fat: 119.9 Kcal: 1570.2	Net carbs: 16.1 Total carbs: 28.3 Protein: 105 Fat: 121.4 Kcal: 1597.5	Net carbs: 14.5 Total carbs: 24.6 Protein: 97.9 Fat: 122.4 Kcal: 1638	Net carbs: 12.5 Total carbs: 22.3 Protein: 107.9 Fat: 118.6 Kcal: 1569.5	Net carbs: 19.3 Total carbs: 32.7 Protein: 101.3 Fat: 120.4 Kcal: 1540

## WEEKLY KETO MENU - WOMEN

	Sunday	Monday	Tuesday	Wednesday	Thursday
<b>Breakfast</b>	Green zucchini, beef bacon, confit chicken, asparagus, sauté kale, pickled fennel, roquette salad, tomato relish	Love food keto friendly vanilla coconut granola, raspberries, black currants	Chicken rissoles, creamed leek, pumpkin puree, roasted asparagus, portobello mushroom, rosemary jus	Love food big breakfast, sauté spinach, portobello mushrooms, chicken sausage, sumac beef bacon, fried egg, Persian fetta, tomato relish	Caramelized onion pumpkin waffle, chicken sausage, veal bacon, fried egg, portobello mushroom, tomato relish
<b>Instruction</b>	Heat for 1 min	Cold	Heat for 1 min	Heat for 1.30 sec	Heat for 1 min
<b>Lunch</b>	Chicken laksa, sauté Asian greens, roasted pumpkin, cauliflower rice, Asian herb salad	Tuna poke, Japanese keto cauliflower rice, avocado, pickled daikon, kaiso seaweed salad, sauté kale, Japanese dressing	Asian confit chicken noodle pancakes, green mango, green papaya Asian salad, sauté wombok, tea dropped egg, gochujang mayonnaise	Arabic house smoked salmon salad, roasted spiced cauliflower, pomegranates, figs, roasted eggplant, green beans, pistachio dressing	Asian grilled salmon, daikon noodles, green beans, pickled kohlrabi, pickled papaya, Asian herb salad, nahm jim mayonnaise
<b>Instruction</b>	Heat for 1.30 sec	Cold	Heat for 1.30 sec	Cold	Cold
<b>Dinner</b>	Beef lasagna, eggplant "pasta sheets", provolone cheese, Napoli sauce, roquette parmesan salad	Braised beef brisket, celeriac puree, green beans, broccolini, chipotle jus, coriander, fried garlic salad	Beef goulash, roasted red onion, broccolini, roasted pumpkin, cauliflower rice, spiced beef jus	Chicken burger, avocado puree, beef bacon, fried egg, caramelized onion, celeriac chips, dill lemon mayonnaise	Love food traditional spaghetti Bolognese, green zucchini noodles, roquette parmesan salad
<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: 16.1 Total carbs: 25.1 Protein: 76.9 Fat: 81.2 Kcal: 1162.2	Net carbs: 15 Total carbs: 27.2 Protein: 86.6 Fat: 92.5 Kcal: 1262.7	Net carbs: 14.5 Total carbs: 24.6 Protein: 79.1 Fat: 80.6 Kcal: 1232.6	Net carbs: 10.6 Total carbs: 19.8 Protein: 80.9 Fat: 88.9 Kcal: 1192.5	Net carbs: 19.1 Total carbs: 30.6 Protein: 83.9 Fat: 89.2 Kcal: 1192.5