

WEEKLY KETO MENU - MEN

	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfast	Braised leek and bacon omellete, sauté kale, tomato relish	Love food big breakfast, chicken sage sausages, veal bacon, fried egg, oven roasted tomato, sauté spinach, tomato relish, avocado puree	Pumpkin rosti, poached eggs, chicken sausage, braised cabbage, avocado puree, pickled fennel dill roquette salad	Confit chicken zucchini frittata, sauté kale, asparagus, beef bacon, dill, parsley, roquette salad, house vinaigrette	Confit chicken crepe, sauté kale, beef bacon, caramelized onion, tomato relish
Instruction	Heat for 1 min	Heat for 1 min	Heat for 1 min	Cold	Heat for 1 min
Lunch	Asian confit salmon salad, pickled green papaya, green mango, chayote Asian, mixed garden leaf salad, nahm jim mayonnaise	Seared barramundi, cauliflower puree, asparagus, green beans, portobello mushroom, broccolini, red stock bone broth jus, Persian fetta dill parsley salad	Tuna salad, roasted celeriac, broccolini, green beans, asparagus, pickled fennel, mixed garden leaf greens, house vinaigrette	Braised chicken pumpkin zucchini "pappardelle" pasta, rich tomato Napoli sauce, sauté mushrooms	Cajun chicken salad, mixed garden leaves, avocado, green beans, pickled green papaya, cucumber, oven roasted tomatoes, chipotle lime mayonnaise, mint, coriander micro herb salad
Instruction	Cold	Heat for 1.30 sec	Cold	Heat for 1.30 sec	Cold
Dinner	Middle eastern braised beef, spiced savory granola, cauliflower rice, roasted fennel, green beans, asparagus, Dukkah jus	Cajun chicken, spiced pumpkin puree, cauliflower, green beans, sauté kale, green asparagus, spiced romesco jus, gremolata, Persian fetta salad	Chicken and prawn ramen soup, sauté broccolini, choy sum, tea dropped egg, seaweed dashi chicken bone broth	Roast beef sirloin, celeriac puree, roasted portobello mushroom, asparagus, green beans, rosemary jus	Seared salmon, celeriac puree, sauté kale, roasted fennel, sugar snaps, green asparagus, lemon dill vinaigrette, horseradish, parsley lemon, dill, micro salad
Instruction	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
Macro (Men)	Net carbs: 17.8 Total carbs: 31.3 Protein: 105 Fat: 117.3 Kcal: 1580.1	Net carbs: 15 Total carbs: 24.7 Protein: 102.6 Fat: 121 Kcal: 1553.2	Net carbs: 17.2 Total carbs: 26.4 Protein: 102.1 Fat: 115.7 Kcal: 1520	Net carbs: 10.9 Total carbs: 24.9 Protein: 102.7 Fat: 122.4 Kcal: 1610	Net carbs: 14.1 Total carbs: 27.9 Protein: 96.7 Fat: 118.2 Kcal: 1488.1

WEEKLY KETO MENU - WOMEN

	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfast	Braised leek and bacon omellete, sauté kale, tomato relish	Love food big breakfast, chicken sage sausage, veal bacon, fried egg, oven roasted tomato, sauté spinach, tomato relish, avocado puree	Pumpkin rosti, poached eggs, chicken sausage, braised cabbage avocado puree, pickled fennel, dill, roquette salad	Confit chicken zucchini frittata, sauté kale, asparagus, beef bacon, dill, parsley, roquette salad, house vinaigrette	Confit chicken crepe, sauté kale, beef bacon, caramelized onion, tomato relish
Instruction	Heat for 1 min	Heat for 1 min	Heat for 1 min	Heat for 1 min	Heat for 1 min
Lunch	Asian confit salmon salad, pickled green papaya, green mango, chayote Asian, mixed garden leaf salad nahm jim mayonnaise	Seared barramundi, cauliflower puree, asparagus, green beans, portobello mushroom, broccolini, red stock bone broth jus, Persian fetta, dill parsley salad	Tuna salad, roasted celeriac, broccolini, green beans, asparagus, pickled fennel, mixed garden leaf greens, house vinaigrette	Braised chicken, pumpkin zucchini "pappardelle" pasta, rich tomato Napoli sauce, sauté mushrooms	Cajun chicken salad, mixed garden leaves, avocado, green beans, pickled green papaya, cucumber, oven roasted tomatoes, chipotle lime mayonnaise, mint coriander micro herb salad
Instruction	Cold	Heat for 1.30 sec	Cold	Heat for 1.30 sec	Cold
Dinner	Middle eastern braised beef, spiced savory granola, cauliflower rice, roasted fennel, green beans, asparagus, Dukkah jus	Cajun chicken, spiced pumpkin puree, cauliflower, green beans, sauté kale, green asparagus, spiced romesco jus, gremolata, Persian fetta salad	Chicken & prawn ramen soup, sauté broccolini, choy sum, tea dropped egg, seaweed, dashi chicken bone broth	Roast beef sirloin, celeriac puree, roasted portobello mushroom, asparagus, green beans, rosemary jus	Seared salmon, celeriac puree, sauté kale, roasted fennel, sugar snaps, green asparagus, lemon dill vinaigrette, horseradish, parsley lemon, dill, micro salad
Instruction	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
Macro (Women)	Net carbs: 15.7 Total carbs: 29.1 Protein: 77.2 Fat: 83.4 Kcal: 1166.3	Net carbs: 13.9 Total carbs: 23.6 Protein: 78.2 Fat: 78.7 Kcal: 1069.3	Net carbs: 15.3 Total carbs: 24.5 Protein: 80.7 Fat: 82.2 Kcal: 1103	Net carbs: 8.8 Total carbs: 20 Protein: 81.8 Fat: 89.1 Kcal: 1227	Net carbs: 11.4 Total carbs: 23.8 Protein: 76.8 Fat: 87.9 Kcal: 1135.1