

WEEKLY KETO MENU - MEN

	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfast	English muffin, sauté spinach, poached eggs, asparagus, confit chicken, pickled fennel, roquette salad	Arabic beef scotch eggs, sauté kale, pickled green zucchini, cumin pumpkin puree, preserved lemon, Dukkha salad	Love food big breakfast, chicken sage sausage, veal bacon, fried egg, oven roasted tomato, sauté spinach, tomato relish, avocado puree	Smoked salmon crepes, asparagus pickled fennel dill salad, gremolata	Breakfast calzone, sauté spinach, chicken sausage, mixed mushrooms, oven roasted tomatoes, basil pesto
Instruction	Heat for 1 min	Heat for 1 min	Heat for 1 min	Cold	Heat for 1 min
Lunch	Salmon don, Japanese cauliflower rice, avocado, wakame seaweed salad, pickled daikon, Japanese dressing, yuzu mayo, itogaki salad	Cajun prawn salad, pickled kohlrabi, green beans, oven roasted tomatoes, pickled green papaya, avocado, cucumber, chipotle mayonnaise, garden mixed leaves	Confit chicken niçoise salad, roasted pumpkin, artichoke, cucumber, olives, cherry tomatoes, poached egg, house vinaigrette	Chicken salad, pickled cucumber, fennel, roasted pumpkin, green beans, mixed garden leaf salad, house vinaigrette	Tuna poke, avocado, pickled vegetables, kimchi, sauté kale, cauliflower Asian rice, broccolini, Umami dressing, Japanese mayonnaise, seaweed micro salad
Instruction	Cold	Cold	Cold	Cold	Cold
Dinner	Korean slow cooked beef brisket, kimchi fried cauliflower rice, sauté Asian green vegetables, red coconut Korean bone broth curry, Asian micro salad	Seared beef sirloin, celeriac puree, roasted white asparagus, portobello mushroom, sauté kale, broccolini, green pepper jus	Steamed barramundi, pumpkin puree, broccolini, sugar snaps, sauté spinach, green beans, gremolata, lemon dill mayonnaise	Beef bibimbap, Asian cauliflower rice, sauté Asian green vegetables, kimchi, gochujang mayonnaise, bean sprout, seaweed micro salad	Braised beef cheek, sauté kale, green beans, roasted pumpkin puree, roasted white asparagus, spiced beef jus, gremolata
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: 16 Total carbs: 30.6 Protein: 99.4 Fat: 109.7 Kcal: 1425	Net carbs: 16.3 Total carbs: 26.4 Protein: 103.2 Fat: 121.7 Kcal: 1601	Net carbs: 16.6 Total carbs: 30.5 Protein: 100.2 Fat: 126.8 Kcal: 1692.5	Net carbs: 20.3 Total carbs: 31.8 Protein: 99.2 Fat: 121.4 Kcal: 1643	Net carbs: 13.4 Total carbs: 23.3 Protein: 98.8 Fat: 119 Kcal: 1548.4

WEEKLY KETO MENU - WOMEN

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Macro (Women)	Net carbs: 14.9 Total carbs: 29 Protein: 79 Fat: 81.4 Kcal: 1081	Net carbs: 14.2 Total carbs: 24.3 Protein: 75.6 Fat: 89.6 Kcal: 1212.8	Net carbs: 15.1 Total carbs: 28 Protein: 79.1 Fat: 89.3 Kcal: 1269	Net carbs: 18.4 Total carbs: 29.5 Protein: 81.3 Fat: 81.7 Kcal: 1161.9	Net carbs: 12.3 Total carbs: 22 Protein: 78.2 Fat: 83.4 Kcal: 1119.4