

WEEKLY KETO MENU - MEN

| | Sunday | Monday | Tuesday | Wednesday | Thursday |
|--------------------|---|---|---|---|--|
| Breakfast | Chicken Spanish omelet, kale, leek, mixed mushroom, green zucchini, Persian fetta tomato relish | Arabic scotch eggs, chicken mince, sauté kale, pickled zucchini, tomato chutney | Love Food big breakfast, chicken sage sausage, roma tomato, fried eggs, wilted spinach, veal bacon, tomato relish | Love food Shakshuka, rich tomato sauce, roasted capsicum, poached egg, sauté kale, Dukkha spice, Persian fetta | House smoked salmon cauliflower waffle, poached egg, veal bacon, pickled fennel salad, gremolata |
| Instruction | Heat for 1 min | Heat for 1 min | Heat for 1 min | Heat for 1 min | Heat for 1 min |
| Lunch | BBQ beef wrap, mizuna lettuce, remoulade salad, lemon mayonnaise, sumac celeriac chips | Roast beef sirloin, niçoise salad, Persian fetta, olives, herb vinaigrette | Katsu chicken keto burger, Asian slaw, pickled papaya, Asian herb salad, nahm jim mayonnaise, togarashi spiced celeriac chips | Salmon Caesar salad, baby gem lettuce, beef bacon, poached egg, parmesan cheese, anchovies, Caesar dressing | Confit chicken salad, avocado, green zucchini, green beans, white asparagus, savory granola, dill lemon mayonnaise |
| Instruction | Cold | Heat for 1:30 sec | Heat for 1:30 sec | Cold | Cold |
| Dinner | Chicken & prawn laksa, daikon noodles, Asian sauté vegetables, Asian aromatic | Country style roast chicken, celeriac puree, green beans sauté kale, rosemary jus | Roasted beef, pumpkin puree, asparagus, portobello mushroom, kale, green beans, thyme jus | Warm beef poke, Asian beef sauté rare, pickled daikon, roasted green zucchini, sauté kale, snow peas, Asian aromatics, Japanese dressing, yuzu mayonnaise | Beef sirloin, celeriac puree broccolini, portobello mushroom, green asparagus, sugar snaps, thyme jus |
| 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: 15.6 Total carbs: 26 Protein: 92.5 Fat: 118 Kcal: 1545.2 | Net carbs: 15.5 Total carbs: 29.2 Protein: 96.1 Fat: 118.8 Kcal: 1639 | Net carbs: 20 Total carbs: 36.3 Protein: 96 Fat: 120.3 Kcal: 1659.2 | Net carbs: 17.4 Total carbs: 41.4 Protein: 99.7 Fat: 120.2 Kcal: 1646.3 | Net carbs: 18.4 Total carbs: 32 Protein: 101 Fat: 121.7 Kcal: 1542.6 |

WEEKLY KETO MENU - WOMEN

| | Sunday | Monday | Tuesday | Wednesday | Thursday |
|----------------------|---|---|---|---|--|
| Breakfast | Chicken Spanish omelet, kale, leek, mixed mushroom, green zucchini, Persian fetta tomato relish | Arabic scotch eggs, chicken mince sauté kale, pickled zucchini, tomato chutney | Love Food big breakfast, chicken sage sausage, roma tomato, fried eggs, wilted spinach, veal bacon, tomato relish | Love food Shakshuka, rich tomato sauce, roasted capsicum, poached egg, sauté kale, Dukkha spice, Persian fetta | House smoked salmon cauliflower waffle, poached egg, veal bacon, pickled fennel salad, gremolata |
| Instruction | Heat for 1 min | Heat for 1 min | Heat for 1 min | Heat for 1.30 sec | Heat for 1 min |
| Lunch | BBQ beef wrap, mizuna lettuce, remoulade salad, lemon mayonnaise, sumac celeriac chips | Roast beef sirloin, niçoise salad, Persian fetta, olives, herb vinaigrette | Katsu chicken keto burger, Asian slaw, pickled papaya, Asian herb salad, nahm jim mayonnaise, togarashi spiced celeriac chips | Salmon Caesar salad, baby gem lettuce, beef bacon, poached egg, parmesan cheese, anchovies, Caesar dressing | Confit chicken salad, avocado, green zucchini, green beans, white asparagus, savory granola, dill lemon mayonnaise |
| Instruction | Cold | Cold | Heat for 1 min | Cold | Cold |
| Dinner | Chicken & prawn laksa, daikon noodles, Asian sauté vegetables, Asian aromatic | Country style roast chicken, celeriac puree, green beans sauté kale, rosemary jus | Roasted beef, pumpkin puree, asparagus, portobello mushroom, kale, green beans, thyme jus | Warm beef poke, Asian beef sauté rare, pickled daikon, roasted green zucchini, sauté kale, snow peas, Asian aromatics, Japanese dressing, yuzu mayonnaise | Beef sirloin, celeriac puree, broccolini, portobello mushroom, green asparagus, sugar snaps, thyme jus |
| 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: 14.3 Total carbs: 24.7 Protein: 71.1 Fat: 88.6 Kcal: 1198.9 | Net carbs: 14.2 Total carbs: 25.9 Protein: 72.9 Fat: 87.9 Kcal: 1202 | Net carbs: 16.6 Total carbs: 28.3 Protein: 69.8 Fat: 85.3 Kcal: 1207.2 | Net carbs: 14.3 Total carbs: 31 Protein: 71 Fat: 86 Kcal: 1209 | Net carbs: 14.4 Total carbs: 26 Protein: 74 Fat: 90 Kcal: 1157.9 |