

WEEKLY KETO MENU - MEN

	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfast	English muffin, asparagus, sauté spinach, mushroom, caramelized onion, veal bacon, Persian fetta, tomato relish	Love food big breakfast, chicken sage sausage, veal bacon, fried egg, oven roasted tomato, sauté spinach, tomato relish	Chicken frittata, spinach, asparagus, pumpkin, fetta, red onion, tomato relish, pickled fennel, roquette	Vanilla coconut granola, blackberries, raspberries, coconut, lime	Salmon, eggplant Spanish omelette, kale, mushroom, fetta, asparagus, pickled fennel, roquette
Instruction	Heat for 1 min	Heat for 1 min	Heat for 1 min	Cold	Heat for 1 min
Lunch	Roast chicken salad, pickled fennel, green beans, broccolini, pumpkin, mixed lettuce, asparagus, romesco sauce, Persian fetta	Fettuccini chicken cacciatore, keto pasta, mushroom, spinach, veal bacon, cherry tomatoes, parmesan, basil pesto, dill	Prawn Vietnamese salad, green papaya, green mango, young coconut, wombok, choy sum, chili mayonnaise, coriander, sesame	Chicken mushroom hot pot, mushroom, carrot, celery, kale, thyme. (COLD) Mixed green leaves, pickled fennel, gremolata	Sumac chicken Fattoush, zucchini, pickled cucumber, pomegranate, green beans, cherry tomato, lettuce, zaatar vinaigrette, dukkah spice
Instruction	Cold	Heat for 1.30 sec	Cold	Heat for 1.30 sec	Cold
Dinner	Grilled salmon, swiss brown mushroom, pumpkin and celeriac gratin, kale, beans, cherry vanilla jus	North African fish curry, cauliflower rice, beans, kale, pumpkin, broccolini, sesame, bean sprouts	Braised beef, red onion, asparagus, pumpkin puree, green beans, spinach, spiced jus, gremolata, parsley, lemon	Asian fish cakes, cauliflower rice, pak choy, sugar snaps, wombok, broccolini, Thai green curry, ginger, Thai basil	Keto spaghetti bolognese, basil pesto, parmesan cheese
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 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 Kcal: 1488.1

WEEKLY KETO MENU - WOMEN

	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfast	English muffin, asparagus, sauté spinach, mushroom, caramelized onion, veal bacon, Persian fetta, tomato relish	Love food big breakfast, chicken sage sausage, veal bacon, fried egg, oven roasted tomato, sauté spinach, tomato relish	Chicken frittata, spinach, asparagus, pumpkin, fetta, red onion, tomato relish, pickled fennel, roquette	Vanilla coconut granola, blackberries, raspberries, coconut, lime	Salmon, eggplant Spanish omelette, kale, mushroom, fetta, asparagus, pickled fennel, roquette
Instruction	Heat for 1 min	Heat for 1 min	Heat for 1 min	Cold	Heat for 1 min
Lunch	Roast chicken salad, pickled fennel, green beans, broccolini, pumpkin, mixed lettuce, asparagus, romesco sauce, Persian fetta	Fettuccini chicken cacciatore, keto pasta, mushroom, spinach, veal bacon, cherry tomatoes, parmesan, basil pesto, dill	Prawn Vietnamese salad, green papaya, green mango, young coconut, wombok, choy sum, chili mayonnaise, coriander, sesame	Chicken mushroom hot pot, mushroom, carrot, celery, kale, thyme. (COLD) Mixed green leaves, pickled fennel, gremolata	Sumac chicken Fattoush, zucchini, pickled cucumber, pomegranate, green beans, cherry tomato, lettuce, zaatar vinaigrette, dukkah spice
Instruction	Cold	Cold	Cold	Cold	Cold
Dinner	Grilled salmon, swiss brown mushroom, pumpkin and celeriac gratin, kale, beans, cherry vanilla jus	North African fish curry, cauliflower rice, beans, kale, pumpkin, broccolini, sesame, bean sprouts	Braised beef, red onion, asparagus, pumpkin puree, green beans, spinach, spiced jus, gremolata, parsley, lemon	Asian fish cakes, cauliflower rice, pak choy, sugar snaps, wombok, broccolini, Thai green curry, ginger, Thai basil	Keto spaghetti bolognaise, basil pesto, parmesan cheese
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