

WEEKLY KETO MENU - MEN

	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfast	Braised leek, chicken & mushroom omelette, rosemary, sauté kale, cheddar, tomato relish	Eggs, chicken kofta, sauté kale, avocado, pickled zucchini, tomato relish, dukkha spice	Love food big breakfast, sausage, spinach, portobello mushroom, egg, tomato relish, pesto	Chicken sausage, onion, capsicum, kale, parsley, dill, fried egg, dukkha spice	Thyme waffle, smoked salmon, poached egg, grilled mushroom, sauté spinach, gremolata
Instruction	Heat for 1 min	Heat for 1 min	Heat for 1 min	Heat for 1 min	Heat for 1 min
Lunch	Chicken stroganoff, cauliflower rice, mushrooms, spinach, parmesan, sour cream, chives	Seared rare beef, avocado, parmesan, tapenade, basil, green beans, roquette salad, herb vinaigrette	Roasted chicken, green beans, Brussel sprouts, kale, butter, parmesan, cream, jus	Chicken, green beans, Brussel sprouts, kale, butter, parmesan, cream, jus	Roasted barramundi, green beans, portobello mushroom, butter, salsa Verde, herb 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
Dinner	Seared salmon, green beans pickled fennel, dill, gremolata, herb salad	Seared sea bass, sugar snaps, sauté kale, broccolini, tomato relish	Beef fillet, green beans, roasted portobello mushroom, creamed spinach, thyme jus	Seared rare beef poke, egg, avocado, kaiso seaweed salad, pickled vegetables, vegetable soya lime dressing, lettuce	Confit chicken, avocado, green beans, sauté kale, mizuna, hazelnuts, feta, gremolata
Instruction	Heat for 1:30 sec	Heat for 1:30 sec	Heat for 1:30 sec	Cold	Heat for 1:30 sec
Macro (Men)	Net carbs: 18.6 Total carbs: 30.2 Protein: 99.4 Fat: 122 Kcal: 1639.3	Net carbs: 17.1 Total carbs: 35.3 Protein: 107 Fat: 119 Kcal: 1670.5	Net carbs: 14.6 Total carbs: 25.1 Protein: 102 Fat: 115 Kcal: 1460.2	Net carbs: 19.2 Total carbs: 34.5 Protein: 107 Fat: 121 Kcal: 1603.9	Net carbs: 15.5 Total carbs: 35.1 Protein: 104 Fat: 120 Kcal: 1627

WEEKLY KETO MENU - WOMEN

	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfast	Braised leek, chicken & mushroom omelette, rosemary, sauté kale, cheddar, tomato relish	Eggs, chicken kofta, sauté kale, avocado, pickled zucchini, tomato relish, dukkah spice	Love food big breakfast, sausage, spinach, portobello mushroom, egg, tomato relish, pesto	Chicken sausage, onion, capsicum, kale, parsley, dill, fried egg, dukkha spice	Thyme waffle, smoked salmon, poached egg, grilled mushroom, sauté spinach, gremolata
Instruction	Heat for 1 min	Heat for 1 min	Heat for 1 min	Heat for 1 min	Heat for 1 min
Lunch	Chicken stroganoff, cauliflower rice, mushrooms, spinach, parmesan, sour cream, chives	Seared rare beef, parmesan, tapenade, basil, green beans, roquette salad, herb vinaigrette	Roasted chicken, green beans, mushrooms, Brussel sprouts, parmesan, creamy cepe jus	Chicken, green beans, Brussel sprouts, kale, butter, parmesan, cream, jus	Roasted barramundi, green beans, portobello mushroom, butter, salsa verde, herb 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
Dinner	Seared salmon, green beans pickled fennel, dill, gremolata, herb salad	Seared sea bass, sugar snaps, sauté kale, broccolini, tomato relish	Beef fillet, green beans, roasted portobello mushroom, creamed spinach, thyme jus	Seared rare beef poke, zucchini, avocado, egg, kaiso seaweed salad, pickled vegetables, vegetable soya lime dressing, lettuce	Confit chicken, avocado, green beans, sauté kale, mizuna, hazelnuts, feta, gremolata
Instruction	Heat for 1:30 sec	Heat for 1:30 sec	Heat for 1:30 sec	Cold	Heat for 1:30 sec
Macro (Women)	Net carbs: 16.5 Total carbs: 28.1 Protein: 78.2 Fat: 81.8 Kcal: 1186	Net carbs: 15.1 Total carbs: 28 Protein: 78.2 Fat: 82.4 Kcal: 1251.5	Net carbs: 12.3 Total carbs: 22.7 Protein: 75.6 Fat: 84.4 Kcal: 1106.2	Net carbs: 17.4 Total carbs: 29.8 Protein: 82.7 Fat: 87.7 Kcal: 1188.9	Net carbs: 13.9 Total carbs: 30.8 Protein: 80.1 Fat: 85.4 Kcal: 1190.1