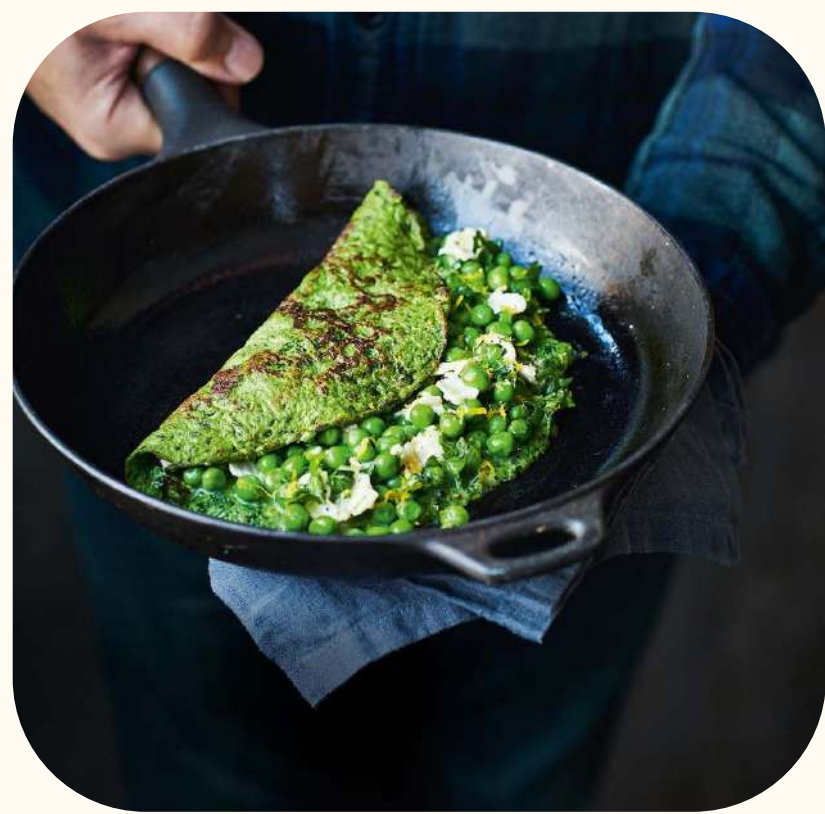


BREAKFAST

DAY 1



Green Omelette With Toast

DAY 2



Scrambled Eggs With Spinach & Cheese On Whole Wheat Toast

DAY 3



Healthy Bagels With Cream Cheese And Strawberry Jam

DAY 4



Pecan, Almond And Coconut Granola

DAY 5



High Protein Banana Pancake

DAY 6



Spinach Shakshuka

LUNCH



Chicken Romano With Lemon Butter



Courgetti Spaghetti Bolognese



Chicken Skewers, Greek Salad & Tzatziki



Sticky Kickin Shrimp Skewers



Hoisin Chicken Salad

LUNCH SIDE



Baked Eggplant With Parmesan



Yummy Lentil Salad



Keto Vegan Flatbread



Paleo Keto Low Carb Chicken Noodle Soup



Simple Chili & Sweet Potato Chips



Arugula Salad With Parmesan Shavings

DINNER



Grilled Chicken And Bacon Ranch Kabobs



Spinach & Beef Stuffed Peppers



Grilled Shrimp With Broccoli



Pan Seared Lamb With Potatoes And Peas



Sweet Potato And Red Bean Enchiladas



Lamb Kabobs With Red Pepper Cucumber Salad

DINNER SIDE



Onion Ring



Grilled Broccoli



Grape Tomato Salad With Pistachios



Creamed Spinach



Steamed Rainbow Veggies



Keto Cheese Chips

DESSERT



Vanilla & Coffee Protein Smoothie



Balanced No Bake Strawberry Cheesecake



Antioxidant Blueberry Protein Smoothie



Balanced No Bake Blueberry Cheesecake



Keto Pecan Marzipan



Keto Pecan Snowballs