

DAY 1

DAY 2

DAY 3

DAY 4

BREAKFAST



Chill Egg Scramble



Keto Coconut Porridge



Everything But The Bagel Omelette



Keto Meatloaf Muffins

LUNCH



White Fish With Zucchini And Artichoke Hearts



Zucchini And Mozarella Casserole



Creamy Red Pesto Chicken



Salmon Steak Over Shredded Zucchini

LUNCH SIDE



Baked Eggplant With Parmesan



Keto Almond Bread (2 Pcs)

Keto Zucchini Noodles



Paleo Keto Low Carb Chicken Noodle Bean Soup



DINNER



Greek Style One Pan Lemon & Herb Chicken



Keto Walnut Shrimp (Using Erythritol Syrup)



Grilled Lamb With Cauliflower Rice



Chicken And Broccoli Alfredo Bowl

DINNER SIDE



Green Salad



Coleslaw With Spicy Peanut Dressing

Grape Tomato Salad With Pistachios



Creamed Spinach



DESSERT



Almond & Chocolate Pennies



Vanilla & Coffee Protein Smoothie

Low Carb Energy Bars



Healthy Chocolate Cake



DAY 5

DAY 6

DAY 7

BREAKFAST



Baked Blueberry Pancake



Veggie Omelette With Feta



Keto Breakfast With Almond Cerael Milk

LUNCH



Asian Sesame Steak Kabobs



Feta Cheese Stuffed Bellpeppers



Keto Lamb Sides With Feta Cheese Dressing

LUNCH SIDE



Arugula Salad With Parmesan Shavings



Green Salad

Simple Keto Coleslaw



DINNER



Chicken Fajita Bowl With Brown Rice



Keto Chicken Garam Masala



Spicy Shrimp Salad

DINNER SIDE



Vegan Flatbread



Cauliflower Rice

Italian Garlic Breadsticks



DESSERT



Keto Pecan Marzipan



Chocolate Macaroon Bars



No Bake Strawberry Cheesecake