

KETO MENU

	BREAKFAST	LUNCH	SIDE DISH	DINNER	PM SNACK
FR	scrambled eggs	fish w almond sauce	keto tabboule	chinese chicken wings	keto strawberry cheese cake bites
SA	keto pancake + berries	chicken burger w pumpkin swirls & cheese	keto green salad	salmon bites	crackers w seeds
SU	turkey & cheddar cheese + keto bread	cabbage enchiladdas	keto fattoush salad	shrimps sautee + spicy cocktail sauce	greek yogurt w raseberry + slice almonds
MO	labne + keto crackers	lamb skewers	keto tabboule	keto mexican eggs	keto blueberry cheese cake bites
TU	egg w cheddar cheese	chicken parmesan	okra w tomato sauce & olive oil	shrimp skewers w guacamole	keto tiramissu
WE	grilled turkey & cheese roll w koushari sauce	baked salmon w artichoke	mediterranean chicken salad	keto nachos	cucumber sticks w guacamole
TH	greek yogurt w berries & almonds	meat w spinach roll	keto caesar salad	zucchini boats	dark chocolate w nuts

