

KETO LUNCH BOX

Following the ketogenic diet it is possible to choose healthful foods. Some evidence shows that eating healthful fats, such as avocados instead of less healthful fats, such as fried food, can help improve heart health by reducing cholesterol.

	MAIN DISH	SIDE DISH	PM SNACK
FR	fish w almond sauce	keto tabboule	keto strawberry cheese cake bites
SA	cabbage enchiladas	keto fattoush salad	greek yogurt w strawberry + slice almonds
SU	chicken burger w pumpkin swirls & cheese	keto green salad	mixed nuts: almonds cashew walnuts
MO	lamb skewers	keto tabboule	keto blueberry cheese cake bites
TU	chicken parmesan	okra w tomato sauce & olive oil	keti tiramisu
WE	baked salmon w artichoke	mediterranean chicken salad	cucumber sticks w guacamole
TH	meat w spinach roll	keto caesar salad	dark chocolate w nuts
FR	salmon w brussel sprouts & tartar sauce	keto shrimps salad	mixed nuts : pistachio pecan sunflower seeds
SA	kafta b tahini w cauliflower & eggplant	strawberry spinach salad	celery sticks w cream cheese
SU	butter chicken w cauliflower rice	coleslaw salad	coconut cookie
MO	shish kebab meat	keto greek salad	strawberries & blueberries + whipped cream
TU	fish w spinach	keto rocket w olives salad	almond muffin
WE	chicken pizza + ranch dip	keto green w walnuts salad	mixed nuts : pistachio pecan sunflower seeds
TH	italian meat balls	mediterranean chicken salad	cheese cake raspberry smoothie

