



Preset Keto Package - 14 Meals: April 22nd - April 28th

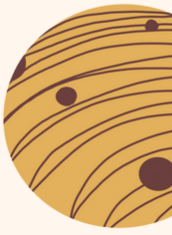


Weekly Eating Guide

	Lunch	Dinner	Snack
Day 1	Protein Pocket : Buffalo Popper	Marry Me Chicken	Chocolate Almond Bullet
Day 2	Taco Soup	Southwest Chicken with Roasted Vegetables	Chocolate Almond Bullet
Day 3	Protein Pizza : Pesto Mediterrean	Kimchi Pork Stew on Cauliflower Rice	Chocolate Almond Bullet
Day 4	Cowboy Chili	Barbacoa with Creamy Cabbage	Chocolate Almond Bullet
Day 5	Keto Gnocchi Ricotta Dumplings	Beef Enchilada Bowl	Chocolate Almond Bullet
Day 6	Cajun Shrimp Alfredo on Konjac Noodles	Chicken Shawarma on Spiced Cauliflower	Chocolate Almond Bullet
Day 7	Buffalo Chicken Jalapeno Casserole	Spicy Kung Pao Chicken with Cauliflower Fried Rice	Chocolate Almond Bullet



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Weekly Macro Tracking

Day	CALORIES	FAT (g)	TOTAL CARBS (g)	FIBRE (g)	NET CARBS (g)	PROTEIN (g)
1	1130	86	23	8	15	71
2	1050	85	35	9	19	46
3	1060	80	28	10	18	64
4	1110	89	25	9	16	54
5	1200	90	40	17	21	63
6	1140	88	34	14	20	63
7	1130	87	34	11	19	62

As all our food is made fresh with zero preservatives, some meals will require freezing based on the Freeze by Date. We recommend letting your sauce thaw after freezing (do not heat) and shaking or stirring them before consumption. Do not microwave the sauce containers.



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