



Preset Keto Package - 14 Meals: April 29th - May 5th

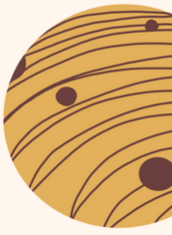


Weekly Eating Guide

	Lunch	Dinner	Snack
Day 1	Shawarma Salad	Chicken Parmesan with Cauliflower Pesto Risotto	Chocolate Almond Bullet
Day 2	Protein Pizza : Loaded Pepperoni	Jerk Chicken with Stir Fry Cabbage	Chocolate Almond Bullet
Day 3	Buffalo Chicken Jalapeno Casserole	Thai Coconut Curry with Chicken Meatballs and Bok Choy Saute	Chocolate Almond Bullet
Day 4	Keto Gnocchi Ricotta Dumplings	Korean Bulgogi Bolognese with Cauliflower Fried Rice	Chocolate Almond Bullet
Day 5	Keto Lasagna	Chicken Shawarma on Spiced Cauliflower	Chocolate Almond Bullet
Day 6	Bacon Ranch Chicken with Parm Roasted Asparagus	Barbacoa with Creamy Cabbage	Chocolate Almond Bullet
Day 7	Protein Pocket : Buffalo Popper	Double Citrus Salmon with Coconut Cauliflower Rice & Spring Vegetables	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	1120	87	24	10	14	64
2	1050	79	31	11	17	61
3	1060	84	30	11	19	54
4	1060	79	36	14	21	58
5	1140	84	37	12	25	66
6	1140	83	27	11	16	75
7	1100	89	22	8	14	60

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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