

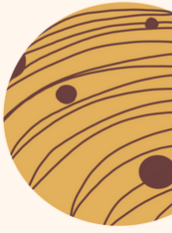


Preset Keto Package - 14 Meals: May 13th - May 19th



# Weekly Eating Guide

	Lunch	Dinner	Snack
<b>Day 1</b>	Bacon Ranch Chicken with Parm Roasted Asparagus	Dill Pickle Chicken Wings	Chocolate Almond Bullet
<b>Day 2</b>	Southwest Turkey Chili	Thai Peanut Pork with Green Beans over Cauliflower Rice	Chocolate Almond Bullet
<b>Day 3</b>	Protein Pizza : Sweet Chili Chicken	Thai Coconut Curry with Chicken Meatballs and Bok Choy Saute	Chocolate Almond Bullet
<b>Day 4</b>	Spanish Style Basa with Romesco Sauce, Roasted Kale, and Broccoli	Buffalo Chicken with Chipotle Mayo and Roasted Cabbage	Chocolate Almond Bullet
<b>Day 5</b>	Protein Pocket : Fathead Italian Sausage & Pepper	Barbacoa with Creamy Cabbage	Chocolate Almond Bullet
<b>Day 6</b>	Broccoli Cheddar Omelette with Keto Hash Brown	Chicken Cacciatore on Califlower Rice	Chocolate Almond Bullet
<b>Day 7</b>	Taco Casserole	Creamy Shrimp Stir Fry	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	1190	73	16	6	10	116
2	1020	71	27	9	18	72
3	1030	78	32	11	18	63
4	1190	91	33	14	19	73
5	1230	98	31	12	19	61
6	1050	77	33	11	21	59
7	910	72	25	7	18	43

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.



**ketolibrium**