

KETO MENU - WEEK 10 - Important to consume Coco Oils & other oils in the meal



BREAKFAST FEMALE

MONDAY
 Chicken Omelet w/ Onions & Feta & coconut oil
 Cal: 292 P:22 C: 1.5 F: 22

TUESDAY
 Baked Peppers w/ Eggs, Green Onions & Turkey Bacon, Kale & Cheese & Coconut Oil
 Cal: 439 P:12 C:5.5 F: 41

WEDNESDAY
 Eggs, Turkey Bacon & Kale
 Cal: 427 P: 16.5 C: 1 F:40

THURSDAY
 Chicken Omelet w/ Onions & Feta & Coco oil
 Cal: 292 P:22 C: 1.5 F: 22

FRIDAY
 Scrambled Eggs, Turkey Sausage, Kale & Coco Oil
 Cal: 427 P:16.5 C: 1 F:

BREAKFAST MALE

Chicken Omelet w/ Peppers & Onions & Feta & coco oil
 Cal: 534 P: 27 C: 7.6 F: 44

Baked Peppers w/ Eggs, Green Onions & Turkey Bacon, Kale & Cheese & Coconut Oil
 Cal: 676 P:9.75 C:9.75 F: 59

Paleo Pancakes w/ Turkey Bacon, Egg & Cheese & Coco Oil
 Cal: 594 P: 28 C: 10.4 F:48.6

Chicken Omelet w/ Onions & Feta & Coco oil
 Cal: 580 P:14.5 C: 6.9 F: 55

Scrambled Eggs, Turkey Sausage, Kale, Paleo Waffle & Coco Oil & Sauce
 Cal: 580 P: 21 C: 10.4 F: 51

LUNCH FEMALE

Curry Chicken Salad on Lettuce, Rosemary Beet & Spinach Salad
 Cal: 443 P:12.8 C:9.2 F:39.4

Apple Glazed Pork w/ Apple Sauce, Greens & Butternut Squash & Olive Oil
 Cal: 407.3 P:24.7 C:4 F:32.5

Grilled Greek Chicken Spinach Salad w/ Onions, Olives, Cucumbers
 Cal:434.2 P: 18 C:7.3 F:37

Chimichurri Churrasco, Roasted Peppers & Onions over Spinach
 Cal:553 P:22.3 C:6.9 F:48.5

Shrimp Piccata, Green Beans w/ Mushrooms & Cauliflower Mash & Coco Oil
 Cal:457.4 P:20 C:7.5 F:38.6

LUNCH MALE

Curry Chicken Salad on Lettuce, Rosemary Beet & Spinach Salad
 Cal:530 P:28 C:10.5 F:42

Apple Glazed Pork w/ Apple Sauce, Greens & Butternut Squash & Peanut Butter
 Cal: 569 P:30 C:4 F:48

Grilled Greek Chicken Spinach Salad w/ Onions, Olives, Cucumbers
 Cal:598 P: 30 C:4.7 F:51

Chimichurri Churrasco, Roasted Peppers & Onions over Spinach
 Cal:584 P:42.5 C:9.1 F:42

Shrimp Piccata, Green Beans w/ Mushrooms & Cauliflower Mash & Coco Oil
 Cal:522 P:30.6 C:5.6 F:42

DINNER FEMALE

Grilled White Fish w/ Sautéed Garlic Spinach, Cheese & Coco Oil
 Cal: 365 P:20.2 C:3.2 F:30.2

Chicken, Asparragus, Peppers & Onions w/ Nuts.
 Cal:254 P:18.3 C:4.4 F:18.1

Swedish Turkey Meatballs, Kale & Asparagus
 Cal:238 P:20.5 C: 5.6 F:14.85

Chicken Pad Thai w/ Bok Choy & Zucchini Noodles
 Cal:254.7 P: 10.7 C:5.5 F:21.1

Mexican Turkey Picadillo & Broccoli
 Cal:216 P:18 C:5.4 F:13.35

DINNER FEMALE

Grilled White Fish w/ Sautéed Kale, Nuts, Olive & Balsamic Oil
 Cal: 685 P:32 C:3.8 F:60

Chicken, Asparragus, Peppers & Onions Olive Oil.
 Cal:506 P:30.5 C:7 F:18.1

Swedish Turkey Meatballs, Kale & Asparagus
 Cal:558 P:28.7 C: 6.4 F:46.4

Chicken Pad Thai w/ Bok Choy & Zucchini Noodles
 Cal:585 P: 30.5 C:5.5 F:49

Mexican Turkey Picadillo & Broccoli & Coconut Oil
 Cal:646 P:36 C:5.5 F:53.4

Legend Cal: Calories P: Protein C: Carbohydrates F: Fat

Disclaimer: Nutrient values are estimates only. Variations may occur due to product availability and food preparation.

Consuming raw or undercooked proteins may increase your risk of foodborne illness, especially if you have a medical condition.