

KETO BREAKFAST - MEAL PREP

WEEK 1 & 3

- Waffles & eggs
- Berry smoothie + almond muffin
- Pancake & eggs
- Egg & cheese casserole
- Sausages, Eggs & bread

WEEK 2 & 4

- Sandwich & lemonade
- Scrambled eggs and bread
- chicken balls & slaw & Mayo
- Beef/chicken patties & vegetables
- Sausage & cheese casserole

WEEK 5

- Pancakes & eggs
- Beef & cheese casserole
- Keto parfait
- Waffles & eggs
- Chicken Sandwich with lemonade

CHANGES IN MENU MAY ATTRACT EXTRA FEE

KETO LUNCH - MEAL PREP

WEEK 1 & 3

- Beef stir fry & keto noodles
- Minced beef sauce and cabbage rice
- Grilled fish & vegetable stir fry
- Cranberry chicken salad
- Chicken, cabbage moimoi & vegetable

WEEK 2 & 4

- Grilled fish, pumpkin & vegetable
- Cauliflower rice & beef minced sauce
- Fish & egg salad
- Beef & vegetables & Cabbage moimoi
- Keto rice & fish sauce

WEEK 5

- Chicken stir fry and noodles
- Beef stir fry
- cauliflower chicken fried rice
- moi moi & mince beef sauce
- Chicken keto fried rice

CHANGES IN MENU MAY ATTRACT EXTRA FEE

KETO DINNER - MEAL PREP

WEEK 1 & 3

- Chicken pepper soup & bread
- Beef stir fry
- Asun - peppered goat meat
- Egg & cheese casserole
- Chicken keto fried rice

WEEK 2 & 4

- Grilled chicken and slaw
- Minced meat salad
- Chicken wings & slaw
- Cranberry chicken salad
- Sausages & vegetable stir fry

WEEK 5

- Grilled fish & vegetable
- Beef & slaw
- Fish & egg salad
- Beef patties & vegetables
- Egg & cheese casserole

CHANGES IN MENU MAY ATTRACT EXTRA FEE

KETO SNACK - MEAL PREP

KETO CHIPS

CAKE SLICE

DARK CHOCOLATE & ALMOND NUT

PROTEIN BAR

COOKIES

SNACK

- Protein bar
- Dark chocolate & almond
- Popcorn Trail mix
- Fruit mix
- Jar cake

vegan & non vegan

WITH CARB BREAKFAST - MEAL PREP

WEEK 1 & 3 (SMOOTHIE CONTAINS PLANT PROTEIN)

- Waffles (whole grain) & eggs
- Green smoothie + oat muffin
- Mince lean beef wrap
- Baked potatoes and egg sauce
- French toast, cinnamon apple & scrambled tofu

WEEK 2 & 4

- Chicken wrap
- Green smoothie + oat muffin
- Chicken sandwich + lemonade
- Air fried yam with egg vegetable sauce
- Burrito wrap

WEEK 5

- Carrot Pancakes & eggs
- Philly cheesesteaks sub
- Green Smoothie + oat Muffin
- Baked plantain/potatoes and egg Sauce
- Chicken & egg white wrap

CHANGES IN MENU MAY ATTRACT EXTRA FEE

WITH CARB LUNCH - MEAL PREP

WEEK 1 & 3

- Pasta, vegetables and lean mince meat sauce
- Egg fried rice with plantain
- Lentil chickpea curry with naan bread
- Chicken salad
- Chicken kebab with jollof rice

WEEK 2 & 4

- Grilled fish, Potatoes & lentil pottage
- Pasta with bolognese sauce
- Chicken coconut soup with toast
- Couscous & chicken curry
- Dirty Vegetable rice

WEEK 5

- Rice and beans stew
- Chicken & cranberry salad
- Pasta & chicken meat ball sauce
- fish sauce with bulgur wheat
- Beef and green beans + couscous

CHANGES IN MENU MAY ATTRACT EXTRA FEE

WITH CARB DINNER - MEAL PREP

WEEK 1 & 3

- Burrito wrap
- Fish salad
- Moi moi & grilled chicken
- Sweet & sour beef with rice
- Chicken sauce with couscous

WEEK 2 & 4

- Lentil soup and naan
- Basmati rice & vegetable lean meat sauce
- Lean mince salad
- Chicken tortilla wrap
- Lentil & potato pottage with grilled chicken

WEEK 5

- Coconut chicken soup with toast
- Potato & beef sausage stir fry
- Fish & egg salad
- Thai Peanut noodle
- Beef tortilla wrap

CHANGES IN MENU MAY ATTRACT EXTRA FEE

VEGAN BREAKFAST - MEAL PREP

WEEK 1 & 3

- Waffles & scrambled tofu
- Green smoothie + oat muffin
- Vegan meat wrap
- Baked potatoes and tofu sauce
- French toast, cinnamon apple & scrambled tofu

WEEK 2 & 4

- Tofu tortilla wrap
- Green smoothie + oat muffin
- Chickpea sandwich + lemonade
- Boiled yam and scrambled tofu
- vegan burrito wrap

WEEK 5

- Carrot pancake, scrambled tofu with mushroom
- Philly cheesesteaks sub
- Green smoothie + oat Muffin
- Baked plantain/potatoes and tofu Sauce
- Tofu & chickpea wrap

CHANGES IN MENU MAY ATTRACT EXTRA FEE

WITH VEGAN LUNCH - MEAL PREP

WEEK 1 & 3

- Pasta, vegetables and soya minced sauce
- Veggie fried rice with plantain
- Lentil chickpea curry with naan bread
- Lentil & Chickpea salad
- Tofu kebab with jollof rice

WEEK 2 & 4

- Grilled tofu, Potatoes & lentil pottage
- Pasta with vegan bolognese sauce
- Tofu coconut soup with toast
- Vegan Mac & Cheese
- Vegan dirty rice

WEEK 5

- Rice and beans stew
- Vegan Tuna Salad
- Pasta & vegan meat ball sauce
- Tofu sauce & rice
- Tofu & green beans + couscous

CHANGES IN MENU MAY ATTRACT EXTRA FEE

VEGAN DINNER - MEAL PREP

WEEK 1 & 3

- Burrito wrap
- Lentil & chickpea salad
- Moi moi & tofu sauce
- Sweet & sour tofu with rice
- Vegetable chunk meat sauce & couscous

WEEK 2 & 4

- Lentil soup & naan
- Basmati rice & vegetable vegan mince sauce
- Vegan tuna salad
- Tofu tortilla wrap
- Lentil & potato pottage with mushroom

WEEK 5

- Coconut mushroom soup with toast
- Tofu & potato stir fry
- Vegan ground beef salad
- Thai peanut noodle
- Mushroom Tortilla wrap

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