

## Veg Travel Guide (Keto)

Course	Menu
<b>On Rising</b>	1 tsp virgin coconut oil
<b>Breakfast</b>	Butter coffee or tea or coffee + Plain Greek yogurt with cream, berries, and nuts. <b>OR</b> Slice an avocado and enjoy with olive oil or mayonnaise. <b>OR</b> 2 slice cheese <b>OR</b> 1 almond bread slice (If u can carry) + Nut butter 2 tbsp <b>OR</b> Almond masala thepla (2) if u can carry <b>OR</b> 1 scoop whey with a glass of cold water (Isopure Dutch Chocolate )
<b>Lunch and Dinner</b>	Broccoli mushroom soup <b>OR</b> Almond soup <b>OR</b> Cauliflower soup (optional) + Paneer tikka <b>OR</b> Paneer chilli <b>OR</b> Paneer butter malai <b>OR</b> Spinach gravy with paneer dumplings <b>OR</b> Paneer sauté in 1 tsp ghee + cabbage stir fry <b>OR</b> Paneer and capsicum <b>OR</b> Grilled zucchinis in butter / olive oil <b>OR</b> Broccoli stir fry <b>OR</b> Cauliflower rice
<b>Evening</b>	2-3 pieces (2 inch each) fresh coconut <b>OR</b> 50 GMs peanuts <b>OR</b> 10 almonds +5 walnuts <b>OR</b> Greek yogurt in Chia seeds <b>OR</b> Grilled Mushrooms in butter <b>OR</b> Almond milk (100 ml) <b>OR</b> 2 cheese slice <b>OR</b> 1 scoop whey with 1 a glass cold water (Isopure Dutch Chocolate) (Available at <a href="https://in.iherb.com/pr/Nature-s-Best-IsoPure-Low-Carb-Protein-Powder-Dutch-Chocolate-1-lb-454-g/72949">https://in.iherb.com/pr/Nature-s-Best-IsoPure-Low-Carb-Protein-Powder-Dutch-Chocolate-1-lb-454-g/72949</a> )