**Breakfast**

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| 1 First set  Food : Ham and Egg Mushroom Cups  Quantity : 3 cup  Calories : 565.5  Food : Bacon  Quantity : 4 strips  Calories : 200.2  Total calories : 765.6 |
| 2 Second set  Food : Fluffy omelet with cheese and spinach  Quantity : 1 omelet  Calories : 545.1  Total calories : 545.1 |
| 3 Third set  Food : Gordon Ramsay’s Scrambled Eggs  Quantity : 1 serving  Calories : 444.9  Total calories : 444.9 |
| 4 Fourth set  Food : Onion and tomato Omelete  Quantity : 1 Omelet  Calories : 300  Food : Bacon  Quantity : 4 strips  Calories : 200.2  Total calories : 500.2 |
| 5 Fifth set  Food : Fried Irish Cabbage with bacon  Quantity : 1 serving  Calories : 356  Total calories : 356 |
| 6 Sixth set  Food : Basic Scrambled Eggs  Quantity : 1 serving  Calories : 273.1  Total calories : 273.1 |
| 7 Seventh set  Food : Cheese Egg White Omelet  Quantity : 1 Omelet  Calories : 294.9  Total calories : 294.9 |
| 8 Eighth set  Food : Basic Egg White Omelet  Quantity : 1 Omelet  Calories : 228  Food : Pecans  Quantity : 2 Ounce  Calories : 391.8  Total calories : 619.8 |

**Lunch**

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| 1 First set  Food : Coconut Milk Protein Shake  Quantity : 1 shake  Calories : 360  Food : Cheese slices  Quantity : 1 serving  Calories : 115.1  Total calories : 475.1 |
| 2 Second set  Food : Spicy chicken celery sticks  Quantity : 1 serving  Calories : 341.7  Food : Keto Protein Shake  Quantity : 1 shake  Calories : 120  Total calories : 461.7 |
| 3 Third set  Food : Curry Chicken Salad  Quantity : 1 serving  Calories : 196.5  Food : Celery  Quantity : 2 Stalks  Calories : 12.8  Total calories : 209.3 |
| 4 Fourth set  Food : Cream Cheese Pickles  Quantity : 1 Serving  Calories : 152.4  Total calories : 152.4 |
| 5 Fifth set  Food : Tuna Stuffed Tomato  Quantity : 1 serving  Calories : 346.3  Total calories : 346.3 |
| 6 Sixth set  Food : Curry Chicken Salad  Quantity : 1 serving  Calories : 196.5  Total calories : 196.5 |
| 7 Seventh set  Food : Curry Chicken Salad  Quantity : 2 serving  Calories : 196.5  Total calories : 393 |
| 8 Eighth set  Food : Baked Salmon and asparagus  Quantity : 1 Serving  Calories : 334  Total calories : 334 |

**Dinner**

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| 1 First set  Food : Barbeque Chicken  Quantity : 2 serving  Calories : 688.8  Food : Braised Endive  Quantity : 2 serving  Calories : 340.3  Total calories : 1029.2 |
| 2 Second set  Food : Easy Grilled Chicken  Quantity : 2 serving  Calories : 415.8  Food : Carrots  Quantity : 2 cup  Calories : 172.2  Total calories : 588 |
| 3 Third set  Food : Barbeque Chicken  Quantity : 2 serving  Calories : 688.8  Food : Easy Fried Spinach  Quantity : 1 serving  Calories : 178.1  Food : Kale Chips  Quantity : 1 serving  Calories : 125.3  Total calories : 992.2 |
| 4 Fourth set  Food : Caprese Chicken  Quantity : 2 Serving  Calories : 550.1  Food : Carrots  Quantity : 2 cup  Calories : 172.2  Total calories : 722.3 |
| 5 Fifth set  Food : Crab Salad  Quantity : 2 serving  Calories : 311.1  Food : Cottage Cheese with Radishes  Quantity : 2 serving  Calories : 344.5  Food : Braised Endive  Quantity : 2 serving  Calories : 340.3  Total calories : 995.9 |
| 6 Sixth set  Food : Keto Buffalo Chicken Meatballs  Quantity : 2 serving  Calories : 658.5  Food : Tomato Soup  Quantity : 2 cup  Calories : 200  Total calories : 858.4 |
| 7 Seventh set  Food : Teriyaki Garlic Chicken  Quantity : 2 serving  Calories : 378.9  Food : Spinach Recipe  Quantity : 2 serving  Calories : 204.2  Food : Cherry Tomato, Dill & Anchovy Salad  Quantity : 2 serving  Calories : 78.7  Total calories : 661.9 |
| 8 Eighth set  Food : Teriyaki Garlic Chicken  Quantity : 2 serving  Calories : 378.9  Food : Spinach Recipe  Quantity : 2 serving  Calories : 204.2  Food : Carrots  Quantity : 3 cup  Calories : 258.3  Total calories : 841.4 |