

	Breakfast	Lunch	Dinner	Snacks
Monday	Egg muffins with Cheddar cheese, spinach, and sun-dried tomatoes	Spiced cauliflower soup with bacon pieces or tofu cubes	Garlic and herb buttered shrimp with zucchini noodles	Roast turkey, cucumber, and cheese roll-ups Sticks of celery and pepper with guacamole
Tuesday (Low fibre day)	Scrambled eggs on a bed of sautéed greens with pumpkin seeds	Chicken mayonnaise salad with cucumber, avocado, tomato, almonds, and onion	Beef stew made with mushrooms, onions, celery, herbs, and beef broth	Smoothie with almond milk, nut butter, chia seeds, spinach, and olives
Wednesday	Omelet with mushrooms, broccoli, and peppers	Avocado and egg salad with onion and spices, served in lettuce cups	Cajun spiced chicken breast with cauliflower rice and Brussels sprout salad	Nuts, slices of cheese and bell peppers
Thursday	Smoothie containing almond milk, nut butter, spinach, chia seeds, and protein powder	Shrimp and avocado salad with tomatoes, feta cheese, herbs, lemon juice, and olive oil	Garlic butter steak with mushrooms and asparagus	A boiled egg, Flax crackers with cheese
Friday	2 eggs, fried in butter, with avocado and blackberries	Grilled salmon with a salad of mixed leafy greens and tomato	Chicken breast with cauliflower mash and green beans	Kale chips, slices of cheese and bell peppers
Saturday	Scrambled eggs with jalapeños, green onions, and tomatoes sprinkled with sunflower seeds	Tuna salad with tomatoes and avocado plus macadamia nuts	Pork chops with nonstarchy vegetables of choice	Celery sticks with almond butter dip A handful of berries and nuts
Sunday	Yogurt with keto-friendly granola	Grass-fed beef burger (no bun) with guacamole, tomato, and kale salad	Stir-fried chicken, broccoli, mushrooms, and peppers, with homemade satay sauce	Sugar-free turkey jerky An egg and vegetable muffin