

IF Meal Plan (Breakfast & Lunch)

WEEK 29 /6 days

Sunday - Day 1		Calories	Fat (g)	Protein (g)	Total Carbs (g)	Net Carbs (g)
Breakfast:	ROASTED ASPARAGUS WITH EGG AND HOLLANDAISE	291	26	9	5	3
Lunch:	CREAMY WHITE FISH CURRY	236.3	11.1	21.2	3	3
Side:	KETO VEGAN FLATBREAD	132	6.6	6	14.6	5.2
Side:	CAULIFLOWER RICE	81	6	2.3	6	3.5
Dessert:	NO BAKE CHOCOLATE CHEESECAKE	238	23	6	10	5
TOTAL		978.3	72.7	44.5	38.6	19.7
Monday - Day 2		Calories	Fat (g)	Protein (g)	Total Carbs (g)	Net Carbs (g)
Breakfast:	KETO CREAM CHEESE PANCAKES	387	40	21	12	6
Lunch:	VEGAN KETO SPINACH AND KETO LASAGNE	284	19	18	0	8
Side:	CHEESY DROP BISCUIT	154	11.9	5.7	4.7	2.2
Side:	GRILLED BROCCOLI	133	1	14	3.6	2.5
Dessert:	STRAWBERRY DOUGHNUT HOLES	80	6.8	2.3	4.2	1.9
TOTAL		1038	78.7	61	24.5	20.6
Tuesday - Day 3		Calories	Fat (g)	Protein (g)	Total Carbs (g)	Net Carbs (g)
Breakfast:	CREAMY KETO CHIA PUDDING	253.5	19.35	7.8	15	2.55
Lunch:	PANEER KABOBS WITH RED PEPPER CUCUMBER SALAD	334	26	14	14	12
Side:	BABA GHANOUSH	114	9.5	2.2	6.9	3.8
Side:	FRIED MOZZARELLA STICKS	185	14.4	11.4	3.4	2.2
Dessert:	MINI CHEESECAKE	175	16	3.8	12.8	1.8
TOTAL		1061.5	85.25	39.2	52.1	22.35
Wednesday - Day 4		Calories	Fat (g)	Protein (g)	Total Carbs (g)	Net Carbs (g)
Breakfast:	KETO ALMOND BREAD FRENCH TOAST	239	23	7	5	3
Lunch:	SPICY ALMOND TOFU	400	29	24	10	5
Side:	KETO CAULIFLOWER MASH	59	1	5	2	1
Side:	ROASTED VEGETABLE TRAY	113	7	2	11	8
Dessert:	KETO CHEESE CAKE BROWNIES	211	20.7	4.9	4.9	2.8
TOTAL		1022	80.7	42.9	32.9	19.8
Thursday - Day 5		Calories	Fat (g)	Protein (g)	Total Carbs (g)	Net Carbs (g)
Breakfast:	CHIA PUDDING WITH BLUEBERRIES	288	22.4	8	18.9	5.4

Lunch:	MUSHROOM RISOTTO	263	20	13	11	7
Side:	KETO GARLIC BREAD	174	14	6	4	2
Side:	GARDEN SALAD	192.2	1	2	3	3.2
Dessert:	CHOCO CHIP COOKIES	110	10	3	7.3	2.6
TOTAL		1027.2	67.4	32	44.2	20.2
Friday - Day 6						
		Calories	Fat (g)	Protein (g)	Total Carbs (g)	Net Carbs (g)
Breakfast:	KETO BAGEL WITH CREAM CHEESE & EGG SCRAMBLE	300	31	23	12	8
Lunch:	THAI PANEER BOX	244	28.76	19.04	13.66	10.06
Side:	KETO PARSNIP FRIES	35	10	0	6	4
Side:	CAULIFLOWER RICE	81	6	2.3	6	3.5
Dessert:	CHOCOLATE FUDGE BROWNIE	96	8.6	2.7	8	1.7
TOTAL		756	84.36	47.04	45.66	27.26
Saturday - Day 7						
		Calories	Fat (g)	Protein (g)	Total Carbs (g)	Net Carbs (g)
Breakfast:	EASY CURRIED TOFU SCRAMBLE WITH BAGEL	279	5	11	9	6
Lunch:	CHICKEN IN MUSHROOM SAUCE	509	34	40	6	5
Side:	KETO ZOODLES	0	12	2.5	6.5	4.5
Side:	CAULIFLOWER RICE	81	6	2.3	6	3.5
Dessert:	CHOCOLATE FUDGE BROWNIE	96	8.6	2.7	8	1.7
TOTAL		965	65.6	58.5	35.5	20.7

IF Meal Plan (Lunch & Dinner)

WEEK 29/ 7 days

Sunday - Day 1		Calories	Fat (g)	Protein (g)	Total Carbs (g)	Net Carbs (g)
Lunch:	CREAMY WHITE FISH CURRY	236.3	11.1	21.2	3	3
Side:	KETO VEGAN FLATBREAD	132	6.6	6	14.6	5.2
Dinner:	VEGETABLE MASALA	105	7	3	10	6
Side:	CAULIFLOWER RICE	81	6	2.3	6	3.5
Dessert:	NO BAKE CHOCOLATE CHEESECAKE	238	23	6	10	5
TOTAL		792.3	53.7	38.5	43.6	22.7
Monday - Day 2		Calories	Fat (g)	Protein (g)	Total Carbs (g)	Net Carbs (g)
Lunch:	VEGAN KETO SPINACH AND KETO LASAGNE	284	19	18	0	8
Side:	CHEESY DROP BISCUIT	154	11.9	5.7	4.7	2.2
Dinner:	KETO CAJUN TOFU ZUCCHINI BOATS	470	37	21.3	5.8	4.9
Side:	GRILLED BROCCOLI	133	1	14	3.6	2.5
Dessert:	STRAWBERRY DOUGHNUT HOLES	80	6.8	2.3	4.2	1.9
TOTAL		1121	75.7	61.3	18.3	19.5
Tuesday - Day 3		Calories	Fat (g)	Protein (g)	Total Carbs (g)	Net Carbs (g)
Lunch:	PANEER KABOBS WITH RED PEPPER CUCUMBER SALAD	334	26	14	14	12
Side:	BABA GHANOUSH	114	9.5	2.2	6.9	3.8
Dinner:	EASY VEGETARIAN PATTIES WITH MARINARA SAUCE	320	5	3	10	6
Side:	FRIED MOZZARELLA STICKS	185	14.4	11.4	3.4	2.2
Dessert:	MINI CHEESECAKE	175	16	3.8	12.8	1.8
TOTAL		1128	70.9	34.4	47.1	25.8
Wednesday - Day 4		Calories	Fat (g)	Protein (g)	Total Carbs (g)	Net Carbs (g)
Lunch:	SPICY ALMOND TOFU	400	29	24	10	5
Side:	KETO CAULIFLOWER MASH	59	1	5	2	1
Dinner:	CLASSIC TUNA MELTS	338	26.2	17.8	3.6	1.6
Side:	ROASTED VEGETABLE TRAY	113	7	2	11	8
Dessert:	KETO CHEESE CAKE BROWNIES	211	20.7	4.9	4.9	2.8
TOTAL		1121	83.9	53.7	31.5	18.4
Thursday - Day 5		Calories	Fat (g)	Protein (g)	Total Carbs (g)	Net Carbs (g)
Lunch:	MUSHROOM RISOTTO	263	20	13	11	7
Side:	KETO GARLIC BREAD	174	14	6	4	2
Dinner:	KETO PERSONAL VEGETARIAN PIZZA	479	25.4	33.2	14.85	9.65
Side:	GARDEN SALAD	192.2	1	2	3	3.2
Dessert:	CHOCO CHIP COOKIES	110	10	3	7.3	2.6

		TOTAL	1218.2	70.4	57.2	40.15	24.45
Friday - Day 6		Calories		Fat (g)	Protein (g)	Total Carbs (g)	Net Carbs (g)
Lunch:	THAI PANEER BOX	244	28.76	19.04	13.66	10.06	
Side:	KETO PARSNIP FRIES	35	10	0	6	4	
Dinner:	ASIAN PORTABELLO MUSHROOM SALAD	162	14	2	6	5	
Side:	CAULIFLOWER RICE	81	6	2.3	6	3.5	
Dessert:	CHOCOLATE FUDGE BROWNIE	96	8.6	2.7	8	1.7	
		TOTAL	618	67.36	26.04	39.66	24.26
Saturday - Day 7		Calories		Fat (g)	Protein (g)	Total Carbs (g)	Net Carbs (g)
Lunch:	CHILE LIME COD WITH CREAMED SPINACH	387	19	44	11	5.5	
Side:	KETO ZOODLES	0	12	2.5	6.5	4.5	
Dinner:	CRISPY BOK CHOY AND TOFU STIR FRY	398.59	30.43	24.11	8.29	6.68	
Side:	GREEK SALAD	226	20	5	6	4	
Dessert:	PEANUT BUTTER COOKIES	90	7	4	2	1	
		TOTAL	1101.59	88.43	79.61	33.79	21.68