



High Protein Meal Plan (Tailored Keto Stage 2): Week 1

Week 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Fetta Cheese Sandwich with cucumber & mint Zaatar Croissant + cucumber slices	Zaatar Mankousheh with cucumber slices + tomato slices Cream Cheese Sandwich with olive finger bread	Vegetable Omelette with Arabic bread + tomato slices Cheese crepe	White beans red sauce & Arabic bread Peanut butter & strawberry Jam toast	Lebanese Parsely Omelette + tomato slices Turkey and cheese tortilla sandwich	Cheddar cheese Sandwich Waffle with chocolate Sauce & Maple syrup	Spinach Pie Hummus Tahina with Arabic Bread
Lunch	Pasta Alfredo with grilled chicken and fresh mushroom sauce cream Mediterranean Kafta with Saffron Rice & Yogurt	Oriental Chicken with roasted cauliflower Fish Siyadih with grilled zucchini with zaatar	Lebanese rice with chicken & yogurt Green beans stew with minced meat & rice	Fish curry with broccoli sautee Chicken tandoori with sauce and eggplants side	Chicken Risotto with Cucumber yoghurt Chicken Steak with Hungarian sauce & mashed potatoes	Shrimp curry with broccoli sautee Meat Biryani with roasted cauliflower	Msakkhan (oriental chicken sandwich) Spaghetti Bolognese (Pasta with minced beef and Tomato Sauce)
Lunch Salad	Tabbouleh	Nicoise Salad	Green Salad	Chicken Ceasar Salad	Rocket Beetroot Salad	Stuffed vine leaves	Chicken Greek Salad
Dinner	Keto Chicken Burger Keto Beef Burger	Grilled Meat skewers with vegetables skewers (cherry tomato, squash, eggplant, bellpepper) Chicken Fajita platter with vegetables skewers (carrots, squash, tomato, mushroom, onion)	Beef Shawarma Platter with vegetables skewers (carrots, squash, tomato, mushroom, onion) and tahina Chicken stuffed with cheese and spinach with vegetabels sautee (squash, eggplant, broccoli, tomato)	Grilled shrimp skewers with vegetables skewers (cherry tomato, squash, eggplant, bellpepper) Chicken stroganoff with vegetables sautee (squash, eggplant, broccoli, tomato)	Chinese chicken with roasted cauliflower Grilled Halloumi skewers with Mediterranean vegetables	Chinese Kafta platter with grilled zucchini with zaatar Chicken Enchiladas platter with grilled vegetables skewers (cherry tomato, squash, eggplant, bellpepper)	Chich Tawook Platter with baba ghannouj and keto bread Crusted Fish with lemon and spinach sautee
Snack 1	Keto coffee Cake	Keto peanut butter protein pie	Keto Vanilla butter Cake	Keto Fondant	Keto Avocado Brownies	Keto cookies	Keto vanilla pound cake
Snack 2	Fruits	Fruits	Fruits	Fruits	Fruits	Fruits	Fruits

To pick your preferred option, please tick the



High Protein Meal Plan (Tailored Keto Stage 2): Week 2

Week 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Dry toast, Cream Cheese + cucumber slcies Fatta Cheese with herbs Empanadas + cucumber slices	Lahm Baageen + tomato slices Crepes with honey	Foul mdammas with Arabic bread & Fresh Tomato Akkawi and mozzarella Cheese Mankousheh +cucumber slices	Skimmed milk, Cereals Chocolate Croissant	Akkawi and mozzarella Cheese Mankousheh +cucumber slices Pancake with Orange & Nuts	Waffle with chocolate Sauce & Maple syrup Turkish Cheese Fateera + tomato slices + cucumber slices	Zaatar& Pizza roll + tomato slices + cucumber slices Cinnamon roll
Lunch	Oriental Beef with vegetables sautee (Eggplant, mushroom, green bellpepper) Chicken Biryani with broccoli sautee	Vegetable Gratin Rice with Fava Beans and minced beef with yogurt sautee	Grilled Chicken with barbecue sauce and broccoli sautee (Eggplant, mushroom, green bellpepper) Daoud Basha Meat with roasted cauliflower	Samboosik Chicken Wellington with grilled vegetable skewers (tomato, bell pepper, eggplant & squash) Kebbeh saniyeh with yogurt	Fish Biryani with roasted cauliflower Mexican Beef with roasted cauliflower	Chicken Kabseh with yoghurt Stuffed Cabbage with yoghurt	Grilled Fish with coriander sauce and tahina with eggplant side Beef Strogonoff with vegetables sautee (squash, eggplant, broccoli, tomato)
Lunch Salad	Green salad	Hawaiian salad	Tuna Pasta Salad	Chicken Greek Salad	Vegetable Tuna salad	Baladi Salad	Tabbouleh
Dinner	Chicken Teryaki with eggplant side Mexican fish with tomato & lime sauce with eggplant side	Spanish Fish Filet with eggplant side Iranian kabab with sauce and vegetables sautee (squash, onion, tomato)	Stuffed eggplant rolls with tomato sauce (no ciabatta) Chich Tawook platter with baba ghannouj and keto bread	Keto Chicken Burger Chicken shawarma platter with grilled vegetables skewers (carrots, squash, tomato, mushroom, onion)	Chicken Steak with Hungarian sauce and vegetables sautee (mushroom, bellpepper, onion) Beef Strogonoff with vegetables sautee (squash, eggplant, broccoli, tomato)	Eggplant tower(no bread) Fish Tacos with rainbow stew platter and grilled vegetables skewers (cherry tomato, squash, mushroom)	Meat Biryani with roasted cauliflower Grilled Halloumi skewers with Mediterranean vegetables
Snack 1	Keto coffee Cake	Keto peanut butter protein pie	Keto Vanilla butter Cake	Keto Fondant	Keto Avocado Brownies	Keto cookies	Keto vanilla pound cake
Snack 2	Fruits	Fruits	Fruits	Fruits	Fruits	Fruits	Fruits

To pick your preferred option, please tick the