


















































































































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

Week 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	 Boiled Eggs with vegetables  Keto Zaatar Saj Mankousheh	 Labneh inturkey wrap + vegetables + keto tortilla bread on the side  Keto Labneh Saj Mankousheh	 Keto Egg & cheese sandwich with guacamole sauce  Italian Omelette	 Grilled Halloumi skewers with keto slice bread & vegetables  Keto cheese Saj mankousheh	 Vegetable Omelette  Grilled Halloumi with pesto sauce (keto sandwich)	 Keto Cheddar cheese sandwich with vegetables  Labneh mixed with tapenade + cucumber	 Turkey & Mozzarella cheese wrap + keto tortilla bread on the side  Zaatar and mozzarella cheese wrap + cucumber
<b>Lunch</b>	 Grilled Chicken with spinach sautee  Cheezy pizza	 Tomato and fish stew with roasted cauliflower  Chicken Escalope with grilled zucchini with zaatar	 Chicken paupiette with mustard sauce and green beans side  Beef Stroganoff with vegetables sautee (squash, eggplant, broccoli, tomato)	 Chicken Teriyaki with eggplants side  Grilled Salmon with spinach	 Mexican Beef with roasted cauliflower  Fish en papillote with spring vegetables sautee (squash, onion, tomato)	 Beef Steak with Mustard & sesame and vegetables sautee (Squash, eggplant, broccoli, tomato)  Grilled Chicken breast with spinach sautee	 Asian beef stew with meat cubes & roasted cauliflower  Spanish fish filet with eggplants side
<b>Lunch Salad</b>	Chicken Ceasar Shawarma Salad	Niscoise Salad	Grilled Halloumi Salad	Chicken Ceasar Salad	Greek Salad	Crab Salad	Spinach Salad with chicken strips
<b>Dinner</b>	 Chicken Shawarma platter with vegetables skewers (carrots, squash, tomato, mushroom, onion)  Fish filet with lemon & roasted cauliflower	 Oriental beef with eggplants side  Thai cashew chicken with vegetables sautee (Eggplant, mushroom, green bellpepper)	 Grilled shrimps skewers with vegetables skewers (cherry tomato, squash, eggplant, bellpepper)  Chicken stuffed with cheese & spinach with vegetables sautee (squash, eggplant, broccoli, tomato)	 Roasted beef with vegetables sautee (Eggplant, mushroom, green bellpepper)  Chich Tawook platter with baba ghanouj and keto bread	 Keto Chicken burger  Fish Filet with lime sauce & green beans side	 Fish baked in oven with grilled zucchini with zaatar  Chicken Curry with vegetables skewers (cherry tomato, mushroom, squash)	 Chicken Fajita with vegetables skewers (carrots, squash, tomato, mushroom, onion)  Marinated halloumi skewers with Mediterranean vegetables
<b>Dinner Salad</b>	 mushroom soup  Tabbouleh	 Crème of chicken soup  Greek Salad	 Asparagus soup  Muttabel	 Vegetable soup  Baladi Salad	 Chicken vegetable soup  Green Salad	 Chicken Posole Soup  Baba Ghannouj	 tomato Soup  Muttabel
<b>Snack 1</b>	Keto Coffee cake	Keto peanut butter protein pie	Keto Vanilla butter Cake	Keto Fondant	Keto Avocado Brownies	Keto cookies	Keto vanilla pound cake
<b>Snack 2</b>	Walnut	Almond	Walnut	Almond	Walnut	Almond	Walnut
<b>Extra choice</b>	Beef Stroganoff with vegetables sautee (squash, eggplant, broccoli, tomato)	Chicken Stroganoff with vegetables sautee (squash, eggplant, broccoli, tomato)	Mexican Beef with roasted cauliflower	Chicken Steak with Hungarian sauce and vegetables sautee (mushroom, bellpepper, onion)	Chicken Fajita with vegetables skewers (carrots, squash, tomato, mushroom, onion)	Keto Quesadillas	Msakhan with grilled vegetables skewers (mushroom, bellpepper, onion, tomato)

To pick your preferred option, please tick the 

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

Week 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	 Scrambled eggs with vegetables  Keto Zaatar Saj Mankousheh	 Cheese inturkey wrap and vegetables  Keto Labneh Saj Mankousheh	 Grilled Halloumi skewers with vegetables& keto slice bread  Italian Omelette	 Keto Crème cheese sandwich with vegetables  Keto cheese Saj mankousheh	 Turkey omelette with vegetables  Grilled Halloumi with pesto sauce (keto sandwich)	 Keto Cheddar Cheese sandwich  Labneh mixed with tapenade and cucumber	 Cheesy omelette with vegetables  Zaatar and mozzarella cheese wrap + cucumber
<b>Lunch</b>	 Chicken Stroganoff with vegetables sautee (squash, eggplant, broccoli, tomato)  Crusted fish with lemon and spinach sautee	 Chich Tawook platter with baba ghanouj and keto bread  Chinese kafta platter with grilled zucchini with zaatar	 Shrimps curry with broccoli sautee  Baked chicken in oven with green beans side	 Chicken tandoori with sauce and eggplants side  Steak stuffed with cheese and vegetables sautee (squash, eggplant, broccoli, tomato)	 Mustard Chicken with spinach sautee  Okra stew with meat cubes	 Mexican fish with tomato & lime sauce with eggplants side  Rosemary chicken skewers with grilled vegetable skewers (carrots, squash, eggplant, broccoli, cauliflower)	 Chicken steak with grilled zucchini with zaatar  Steak Chasseur with mushroom, squash, onion, tomtoto
<b>Lunch Salad</b>	Chicken Shawarma Ceasar Salad	Crab Salad	Spinach almond salad	Tuna Salad	Kale Salad	Crème of Chicken Soup	Rocket Beetroot Salad
<b>Dinner</b>	 Beef Shawarma platter with vegetables skewers (carrots, squash, tomato, mushroom, onion)  Roast Chicken with eggplants side	 Lemon teriyaki chicken with broccoli  Keto Quesadillas	 Beef steak with mustard and sesame and vegetable sautee  Grilled Chicken breast with vegetable skewers (cherry tomato, squash, eggplant, green bellpepper)	 Grilled Hamour fish with siyadieh sauce & spinach sautee  Chicken Shawarma platter with vegetable skewers (carrots, squash, tomato, mushroom, onion)	 Grilled meat skewers with Muttabel and keto bread  Grilled Hamour with grilled vegetables (carrots, squash, eggplant, broccoli, cauliflower)	 Iranian kebab with sauce & vegetables sautee (squash, onion, tomato)  Chicken fajita with vegetables sautee	 Fish curry with broccoli sautee  Grilled Halloumi skewers with Mediterranean vegetables
<b>Dinner Salad</b>	 mushroom soup  Tabbouleh	 Crème of chicken soup  Greek Salad	 Tomato soup  Muttabel	 Vegetable soup  Baladi Salad	 Chicken vegetable soup  Green Salad	 Chicken Posole Soup  Baba Ghannouj	 Broccoli Soup  Muttabel
<b>Snack 1</b>	Keto Vanilla Pound Cake	Keto peanut butter protein pie	Keto Carrot Cake	Mix berries greek yogurt	Keto Coffee Cake	Keto cookies	Strawberry Greek yogurt
<b>Snack 2</b>	Walnut	Almond	Walnut	Almond	Walnut	Almond	Walnut
<b>Extra choice</b>	Beef Stroganoff with vegetables sautee (squash, eggplant, broccoli, tomato)	Chicken Stroganoff with vegetables sautee (squash, eggplant, broccoli, tomato)	Mexican Beef with roasted cauliflower	Chicken Steak with Hungarian sauce and vegetables sautee (mushroom, bellpepper, onion)	Chicken Fajita with vegetables skewers (carrots, squah, tomato, mushroom, onion)	Keto Quesadillas	Msakhan with grilled vegetables skewers (mushroom, bellpepper, onion, tomato)











































To pick your preferred option, please tick the 

## High Protein Meal Plan (Carb Cycling): Week 1

Week 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	<ul style="list-style-type: none"> <li> Fetta Cheese Sandwich with cucumber &amp; mint</li> <li> Zaatar Croissant + cucumber slices</li> </ul>	<ul style="list-style-type: none"> <li> Zaatar Mankousheh with cucumber slices + tomato slices</li> <li> Cream Cheese Sandwich with olive finger bread</li> </ul>	<ul style="list-style-type: none"> <li> Vegetable Omelette with Arabic bread + tomato slices</li> <li> Cheese crepe</li> </ul>	<ul style="list-style-type: none"> <li> White beans red sauce &amp; Arabic bread</li> <li> Peanut butter &amp; strawberry Jam toast</li> </ul>	<ul style="list-style-type: none"> <li> Lebanese Parsely Omelette + tomato slices</li> <li> Turkey and cheese tortilla sandwich</li> </ul>	<ul style="list-style-type: none"> <li> Cheddar cheese Sandwich</li> <li> Waffle with chocolate Sauce &amp; Maple syrup</li> </ul>	<ul style="list-style-type: none"> <li> Spinach Pie</li> <li> Hummus Tahina with Arabic Bread</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li> Pasta Alfredo with grilled chicken and fresh mushroom sauce cream</li> <li> Mediterranean Kafta with Saffron Rice &amp; Yogurt</li> </ul>	<ul style="list-style-type: none"> <li> Oriental Chicken with roasted cauliflower</li> <li> Fish Siyadih with grilled zucchini with zaatar</li> </ul>	<ul style="list-style-type: none"> <li> Lebanese rice with chicken &amp; yogurt</li> <li> Green beans stew with minced meat &amp; rice</li> </ul>	<ul style="list-style-type: none"> <li> Fish curry with broccoli sautee</li> <li> Chicken tandoori with sauce and eggplants side</li> </ul>	<ul style="list-style-type: none"> <li> Chicken Risotto with Cucumber yoghurt</li> <li> Chicken Steak with Hungarian sauce &amp; mashed potatoes</li> </ul>	<ul style="list-style-type: none"> <li> Shrimp curry with broccoli sautee</li> <li> Meat Biryani with roasted cauliflower</li> </ul>	<ul style="list-style-type: none"> <li> Msakkhan (oriental chicken sandwich)</li> <li> Spaghetti Bolognese (Pasta with minced beef and Tomato Sauce)</li> </ul>
<b>Lunch Salad</b>	Tabbouleh	Nicoise Salad	Green Salad	Chicken Ceasar Salad	Rocket Beetroot Salad	Stuffed vine leaves	Chicken Greek Salad
<b>Dinner</b>	<ul style="list-style-type: none"> <li> Keto Chicken Burger</li> <li> Keto Beef Burger</li> </ul>	<ul style="list-style-type: none"> <li> Grilled Meat skewers with vegetables skewers (cherry tomato, squash, eggplant, bellpepper)</li> <li> Chicken Fajita platter with vegetables skewers (carrots, squash, tomato, mushroom, onion)</li> </ul>	<ul style="list-style-type: none"> <li> Beef Shawarma Platter with vegetables skewers (carrots, squash, tomato, mushroom, onion) and tahina</li> <li> Chicken stuffed with cheese and spinach with vegetabels sautee (squash, eggplant, broccoli, tomato)</li> </ul>	<ul style="list-style-type: none"> <li> Grilled shrimp skewers with vegetables skewers (cherry tomato, squash, eggplant, bellpepper)</li> <li> Chicken stroganoff with vegetables sautee (squash, eggplant, broccoli, tomato)</li> </ul>	<ul style="list-style-type: none"> <li> Chinese chicken with roasted cauliflower</li> <li> Grilled Halloumi skewers with Mediterranean vegetables</li> </ul>	<ul style="list-style-type: none"> <li> Chinese Kafta platter with grilled zucchini with zaatar</li> <li> Chicken Enchiladas platter with grilled vegetables skewers (cherry tomato, squash, eggplant, bellpepper)</li> </ul>	<ul style="list-style-type: none"> <li> Chich Tawook Platter with baba ghannouj and keto bread</li> <li> Crusted Fish with lemon and spinach sautee</li> </ul>
<b>Snack 1</b>	Keto coffee Cake	Keto peanut butter protein pie	Keto Vanilla butter Cake	Keto Fondant	Keto Avocado Brownies	Keto cookies	Keto vanilla pound cake
<b>Snack 2</b>	Fruits	Fruits	Fruits	Fruits	Fruits	Fruits	Fruits

To pick your preferred option, please tick the

## High Protein Meal Plan (Carb Cycling): Week 2

Week 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	 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
<b>Lunch</b>	 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	 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)
<b>Lunch Salad</b>	Green salad	Hawaiian salad	Tuna Pasta Salad	Chicken Greek Salad	Vegetable Tuna salad	Baladi Salad	Tabbouleh
<b>Dinner</b>	 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
<b>Snack 1</b>	Keto coffee Cake	Keto peanut butter protein pie	Keto Vanilla butter Cake	Keto Fondant	Keto Avocado Brownies	Keto cookies	Keto vanilla pound cake
<b>Snack 2</b>	Fruits	Fruits	Fruits	Fruits	Fruits	Fruits	Fruits

To pick your preferred option, please tick the