



-MENU-

KETO7DIAS **KETO**FULL



MONDAY

		CAL	CARBS
BREAKFAST	French Toast Sticks	290	10g
LUNCH	Pork Chop w/ Keto. "Potato Salad"	590	4g
DINNER	Baked Chicken w/ Veggies	299	2g

TUESDAY

		CAL	CARBS
BREAKFAST	Ham & Cheese Muffins	350	2g
LUNCH	Asparagus Stuffed Chicken	440	2g
DINNER	Taco Salad	280	3g

WEDNESDAY

		CAL	CARBS
BREAKFAST	Mexican Omelet	280	2g
LUNCH	Fiesta Lime Chicken	650	3g
DINNER	Loaded Nachos	370	3g

THURSDAY

		CAL	CARBS
BREAKFAST	Mash Egg & Salami	305	3g
LUNCH	Pezcado Guisado	520	4g
DINNER	Cabbage Wraps	390	7g

FRIDAY

		CAL	CARBS
BREAKFAST	Cheesy Bread Egg & Sausages	380	3g
LUNCH	Big Mac Burger Casserole	650	4g
DINNER	Oxtails w/Rice	580	3g

DIRTY WEEKEND

● SNACKS INCLUDED ●



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KETO 7DIAS **KETO FULL**



MONDAY

		CAL	CARBS
BREAKFAST	Chaffle Sandwich	305	7g
LUNCH	Three Cheese Chicken Pasta	330	5g
DINNER	Chimi Platter	400	3g

TUESDAY

		CAL	CARBS
BREAKFAST	Chocolate Maizena	220	8g
LUNCH	Ceviche	300	6g
DINNER	Grilled Chicken w/Tostones	405	7g

WEDNESDAY

		CAL	CARBS
BREAKFAST	Breakfast Nachos	470	6g
LUNCH	Mondongo	603	3g
DINNER	Italian Broccoli Salad	380	4g

THURSDAY

		CAL	CARBS
BREAKFAST	Green Juice w/ Chocolate Toast	190	3g
LUNCH	Curry Chicken w/ Rice	330	3g
DINNER	Mar y Tierra Parrillada Salad	401	3g

FRIDAY

		CAL	CARBS
BREAKFAST	New York Omelet	280	2g
LUNCH	Boneless Buffalo Wings w/ Celery	300	4g
DINNER	Double Cheeseburger	430	4g

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MONDAY

		CAL	CARBS
BREAKFAST	Ice Coffee w/ Muffin	290	4g
LUNCH	Pork Broccoli Alfredo	300	3g
DINNER	Strawberry Balsamic Chicken Salad	280	3g

TUESDAY

		CAL	CARBS
BREAKFAST	Blueberry Waffles	200	3g
LUNCH	Blackened Cajun Salmon	320	2g
DINNER	Chicken Quesadilla	380	4g

WEDNESDAY

		CAL	CARBS
BREAKFAST	Pancake Sandwich	330	5g
LUNCH	Skirt Steak (Churrasco) w/ Veggies	530	3g
DINNER	Chicken Bacon Ranch Sandwich	380	2g

THURSDAY

		CAL	CARBS
BREAKFAST	Bagel w/ Scallion Cream Cheese	180	2g
LUNCH	White Sauce Tilapia	320	2g
DINNER	Meatball Marinara Salad	295	2g

FRIDAY

		CAL	CARBS
BREAKFAST	Cornflakes w/ Milk	220	6g
LUNCH	Pepper Cheesy Burger	315	3g
DINNER	Dominican Hot Dot	420	2g

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KETO 7DIAS **KETO FULL**



MONDAY

		CAL	CARBS
BREAKFAST	Montecristo Sandwich	400	2g
LUNCH	Burrito Bowl	340	2g
DINNER	Cesar Salad	390	4g

TUESDAY

		CAL	CARBS
BREAKFAST	Pancake Platter	345	6g
LUNCH	Mariscada	370	3g
DINNER	Beef Fajita	405	8g

WEDNESDAY

		CAL	CARBS
BREAKFAST	Egg Ham & Cheese on a Bagel	200	2g
LUNCH	Picanha w/Mash	610	8g
DINNER	Tropical Salad	340	4g

THURSDAY

		CAL	CARBS
BREAKFAST	Pastelitos	385	7g
LUNCH	Mofongo	400	8g
DINNER	Lasagna	505	5g

FRIDAY

		CAL	CARBS
BREAKFAST	Strawberry Pancake	218	4g
LUNCH	Chimi Pizza	340	3g
DINNER	Chicharrones w/ Tostones	660	2g

DIRTY WEEKEND

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