

		DAY 1			
BREAKFAST :		Keto Butter Coffee			Carbs : 1g Protein : 0g
LUNCH :		Paneer Taco			Carbs : 25.8g Protein : 10.1g
DINNER :		Grilled Fish			Carbs : 8g Protein : 20g
		DAY 2			
BREAKFAST :		Keto Omlette			Carbs : 4g Protein : 30g
LUNCH :		Keto Egg Wrap			Carbs : 4g Protein : 21g
DINNER :		Grilled Veggies			Carbs : 12g Protein : 2.5g
		DAY 3			
BREAKFAST :		Butter Sauteed Veggies			Carbs : 13 g Protein : 7g
LUNCH :		Quinoa , Avocado &Egg Salad			Carbs : 9.1 g Protein : 6.9 g
DINNER :		Mushroo m Soup			Carbs : 4 g Protein : 2.3g
		DAY 4			
BREAKFAST :		Peanut Butter (1tbsp) + Boiled Egg Whites			Carbs : 6g Protein : 10.6g
LUNCH :		Quinoa idli + coconut chutney			Carbs : 0 Protein : 1 g
Dinner :		Sauteed Veggies + Chicken Soup			Carbs : 16g Protein : 8g
		DAY 5			
BREAKFAST :		Chia Seed Pudding			Carbs : 8g Protein : 3g
LUNCH :		Cauliflowe r upma			Carbs : 9g Protein : 10g

DINNER :		Vegetable Quinoa		Carbs : 1g Protein : 1g
		DAY 6		
BREAKFAST :		Almond Milk (1 glass)+ 20 nuts (almonds + walnuts)		Carbs : 5 g Protein : 4g
LUNCH :		Keto Roti + Stir Fry Veggies		Carbs : 7.9 g Protein : 12.8g
DINNER :		Mushroom Wrap (in keto roti)		Carbs : 10g Protein : 4g
		DAY 7		
BREAKFAST :		Whey Protein Smoothie (Impact whey isolate by My Proetin)		Carbs : 2.86g Protein : 42g
LUNCH :		Tofu salad		Carbs : 2g Protein : 25g
DINNER :		Palak Paneer + 1 keto roti		Carbs : 11.5 g Protein : 20.3 g