INFO@NOURISHKITCHEN.ME
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KETO MENU
WEEK 1

Our keto menu is the newest addition to the Nourish range, it is high in dietary fats, low in carbohydrates and has moderate levels of protein from a variety of sources. The varied menu includes meat, chicken, and tuna dishes; we use whole fresh foods combining flavours and textures from international dishes to keep things exciting.** Main meals are **~450-500 kcals** and are based on a split of **<10% Net Carbs, ~25% Protein, and >60% Fats*** across a 24 day plan.

DAY 1

LUNCH
KCALS = 487
P 32.2 C 11.1 F 32.5

Creamy chicken, broccoli and garlic roasted tomatoes (GF)

broccoli - chicken breast - tomatoes - cream - spinach - parmesan cheese - cheddar cheese - butter
olive oil - garlic - homemade herb mix - salt & black pepper

Heat until steaming hot and enjoy

DINNER
KCALS = 465
P 30.2 C 10.8 F 32.4

Korean beef and vegetable bibimbap with fried egg (GF-DF)

beef mince - egg - mushrooms - cabbage - tomatoes - tomato paste - sesame oil - BBQ sauce
garlic - sesame seeds - apple cider vinegar - salt & black pepper

Heat until steaming hot and enjoy.

DAY 2

LUNCH
KCALS = 458
P 29.4 C 9.5 F 32.2

Beef bolognaise with cheddar cheese and vegetable noodles (GF)

beef mince - zucchini - carrot - tomatoes - celery - onions - cheddar cheese - tomato paste - parsley
olive oil - garlic - homemade italian herb mix - salt & black pepper

Heat until steaming hot and enjoy.

DINNER
KCALS = 499
P 32.1 C 3.8 F 37.1

Nut crumbed fish fingers with minted peas and 'tartar' sauce (GF-N)

white fish - cauliflower- mayonnaise- dill pickles - almonds - butter - olive oil - egg - lemon
dijon mustard - mint - salt & black pepper

Remove sauce pot, heat until steaming hot and enjoy with sauce poured over

DAY 3

LUNCH
KCALS = 491
P 31 C 10.6 F 32.8

Coriander lime chicken with pineapple salsa and buttered greens (GF)

cauliflower - broccoli - chicken breast - pineapple - onion - mayonnaise - olive oil
green onions - coriander - butter

Remove sauce pot, heat until steaming hot and enjoy with salsa on the side

DINNER
KCALS = 456
P 27.6 C 10.3 F 31.9

Beef stuffed peppers with cucumber & olive salad (GF)

green peppers - romaine lettuce - beef mince - cucumber - tomatoes - onions - celery - olives - tomato paste
mozarella cheese - cheddar cheese - olive oil - garlic - homemade herb & spice mix - salt & black pepper

Heat stuffed peppers until steaming hot and enjoy with chilled salad on the side.

KCALS = Kilocalories

P = Protein (g)
C = Net Carbs (g)
F = Fats (g)

V VEGETARIAN VE VEGAN DF DAIRY FREE GF GLUTEN FREE N NUTS

*Calorie and macronutrient information is calculated for your reference.
We do, however prepare and package all our meals by hand, therefore values may vary.
Net carbs = total carbohydrates s minus fibre

**** If you have history heart dieases or high cholsetral we recommend seeking advice from a doctor before taking up a high fatliet**

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DAY 4

LUNCH
KCALS = 450
P 32.6 C 10.5 F 29.8

Tuna, & feta with Greek style salad (GF)

tuna steak - tomatoes - cucumber - feta cheese - olives - onions - olive oil
parsley - lemon - mint - salt & black pepper

Enjoy chilled with dressing poured over

DINNER
KCALS = 484
P 31.8 C 9.5 F 33.3

Beef Gado Gado with boiled egg and crunchy peanut salad (GF-DF-N)

beef - cucumber - cabbage - egg - green beans - raddish - coconut milk
peanuts - sesame oil - soy sauce - lime juice - fish sauce - garlic - salt & black pepper

Enjoy chilled or heat chicken untill hot and enjoy with dressing poured over

DAY 5

LUNCH
KCALS = 489
P 31.7 C 10.9 F 32.9

Steak and black bean salad with avocado and tomato salsa (GF)

beef - romaine lettuce - peppers - tomatoes - avocado - onions - black beans - cheddar cheese
olive oil - coriander - tomato paste - lime juice - homemade spice mix - salt & black pepper

Enjoy chilled or heat steak untill hot and enjoy with sauces poured over or on the side

DINNER
KCALS = 443
P 30.9 C 11 F 26.8

Balsamic roasted chicken thighs with ratatouille (GF-DF)

chicken thighs - green peas - zucchini - aubergines - peppers - onions - tomatoes - balsamic vinegar
olive oil - lemon - garlic - homemade herb mix - salt & black pepper

Heat until steaming hot and enjoy

DAY 6

LUNCH
KCALS = 468
P 33 C 6.4 F 33.2

Chicken, egg and bacon ceasar style salad(GF-DF)

chicken breast - romaine lettuce - egg - tomatoes - onions - mayonnaise - olive oil - turkey bacon - parmesan
lemon - parsley - dijon mustard - worcestershire sauce - garlic - homemade herb mix - salt & black pepper

Enjoy chilled with dressing poured over

DINNER
KCALS = 488
P 30.2 C 9.4 F 34.7

Spiced lamb with cauliflower and pea curry (GF-DF)

cauliflower - lamb - tomatoes - green beans- onions - mayonnaise- tomato paste - olive oil - garlic - ginger
mustard seeds - homemade spice mix - salt & black pepper

Heat until steaming hot and enjoy

KCALS = Kilocalories

P = Protein (g)
C = Net Carbs (g)
F = Fats (g)

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