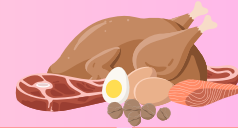




7-DAY KETO MEAL PLAN



JUSTFIT!	BREAKFAST	LUNCH	DINNER
MONDAY	Avocado on toast	Grilled tuna salad	Pork chop with low-carb veggies
TUESDAY	Bacon with boiled eggs	Chicken curry with cauliflower rice	Steak and grilled zucchini
WEDNESDAY	keto sausage and scrambled eggs	Chicken caeser salad	Brown rice with tofu and green beans
THURSDAY	Yogurt and blackberries	Low-carb tortilla with chicken and spinach	Zucchini noodles and meatballs
FRIDAY	Omelet with bell pepper and goat cheese	Cajun turkey thigh sandwich	Steak with rosemary garlic sauce
SATURDAY	keto pancakes and muffins	Chicken pad thai	Chilli and lime prawns
SUNDAY	cacao chia pudding	Grilled tempeh and walnut sandwich	Broccoli and beef stir-fry