Eat Right Stay Fit™

Sample Menu
KETO VEG

CalorieCultt™
EAT RIGHT STAY FIT

Day	Breakfast	Lunch	Snacks	Dinner
MONDAY	paneer Veg Sandwich /Sliced Avocado/Cherry Tomatoes/Sprouted Greens/Olives	Paneer Tikka Salad+ shallow fried cutlet+ Yoghurt Cucumber Mint	Dry Fruit Laddoo	Kadai Vegetables with Keto Naan
TUESDAY	Protein Bowl (Roasted Chana, rajma boiled, Red/ yellow cucumber/Onion)	Greek Salad (lettuce, cucumber, tomatoes, olives, feta cheese, olive oil)Broccoli Rice+ Butter Paneer	mixed dry fruit	Soya Chilli Cauliflower Rice with Paneer gravy as Dressing +
WEDNESDAY	Paneer Pancake with Tomato Chutney / yoghurt mint dip	Zucchini Noodles with Pesto and Cherry Tomatoes+ Stir Fry Veggies	Roasted Makhana	Red Sauce Kofta w/ Roasted Vegetables & Yoghurt Cucumber Mint Side (Mint Dressing)
THURSDAY	Keto Paneer Tortilla Wrap, Coffee Chia seeds Smoothie	Cauliflower Rice Stir-Fry (with mixed vegetables and tofu)	Roasted Tandoori flavour chana	Creamy Paneer with Red Sauce Spagetti
FRIDAY	PROTEIN PANCAKE Moong dosa(like uttapam)+ mint chutney	Quinoa Pulav+Paneer Chick Pea Tikki+ Cilantro Glaze	Chickpeas Salad	mushroom and spinach stuffed zucchini boats + grilled veges
SATURDAY	Berry smoothie +Tofu Toast+ keto sauce shots	Red Sauce Paneer/ Lauki Kofta w/ Roasted Vegetables & Yoghurt Cucumber Mint Side	Lo! Brand	Veg kurma with variety rotti
SUNDAY	keto cutlet+ Keto Sauce in shot bottles-	Keto Soya Pulav + RaithaKeto Paneer Pulav	Lo! Brand	Paneer Butter Masala (without rice, served with sautéed green beans

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