

Sample Keto Menu

Breakfast: Breakfast Egg Burritos with Queso Fresco

Lunch: Turkey Minestrone with Parmesan Broccolini

Dinner: Shrimp and Cauliflower Cheddar Grits

Breakfast: Keto Berry Cobbler

Lunch: Salmon-Avocado Salad with Apple Bacon

Dinner: Chicken Cordon Bleu with Vegetable Ratatouille

Breakfast: Three Cheese Frittata with Country Sausage

Lunch: Thai Chicken Curry with Baby Bokchoy

Dinner: Braised Pork Adobo with Creamed Spinach

Sample Paleo Menu

Breakfast: Ambrosia Fruit Salad with toasted Coconut

Lunch: Turkey Buddha Bowl with poached Egg

Dinner: Brodetto Fish Stew with Garlic Rapini

Breakfast: Avocado Egg Scramble with Roast Tomatoes

Lunch: Chicken Paprikash with Grilled Vegetables

Dinner: Beef Brisket with Broccoli Rice Pilaf

Breakfast: Huevos Rancheros with Crumbled Turkey

Lunch: Beef Bolognese with Curried Cauliflower

Dinner: Lemon Chicken Kebab with Roast Vegetables

Sample Healthy Diet Menu

Breakfast: Baked Apple Crumble with Turkey Sausage
Lunch: Gyro Greek Chicken Salad with Egg Mimosa
Dinner: Tuscan Ahi Tuna with Vegetable Quinoa

Breakfast: Egg Strata with Butternut Squash and Broccoli
Lunch: Umami Burger with Baked Yam Fries
Dinner: Salmon Salsa with Asparagus and Saffron Rice

Breakfast: Spinach and Turkey Bacon Omelette
Lunch: Turkey Chili Verde with Vegetable Hash
Dinner: Chicken Alfredo with Gluten Free Orzo