

KETO

BY BALANCEDBITES.AE

WEEK 1

UPTO 1500 KCAL

Days	Breakfast	Lunch + Side	Dinner + Side
Monday	Chili egg scramble	Keto Cashew Chicken + Greek Salad	Chicken Meatballs + Keto Garlic Bread
Tuesday	Keto Coconut Porridge	Zucchini And Mozzarella Casserole + Keto Almond Bread (2pcs)	Keto Asian Chicken + Coleslaw With Spicy Peanut Dressing
Wednesday	Everything But The Bagel Omelette	Keto Baked Salmon With Pesto And Broccoli + Keto Zucchini Noodles	Keto Chili Bake + Keto Cheddar Biscuit
Thursday	Keto Meatloaf Muffins	Keto Caprese Chicken + Red Pepper Spinach Salad	Keto Vegetarian Pizza + Parsnip Sticks
Friday	Keto Breakfast Parfait	Thai Keto Tuna Salad Lettuce Wrap + Keto Mozzarella Sticks	Keto Curry Bowl + Keto Vegan Flatbread
Saturday	Spicy Green Omelette	Feta Cheese Stuffed Bellpeppers + Green Salad	Keto Chicken Garam Masala + Cauliflower Rice
Sunday	Keto Breakfast Cereal With Almond Milk	Keto Lamb Sliders With Feta Cheese Dressing + Simple Keto Coleslaw	Spicy Shrimp Salad + Italian Garlic Bread Sticks

GLUTEN & DAIRY FREE

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WEEK 1

UPTO 1500 KCAL

Days	Breakfast	Lunch + Side	Dinner + Side
Monday	Baked Eggs and Beef	Bacon Wrapped Portbello Fries + Asian Coleslaw	Chicken Shawarma + Keto Fried rice
Tuesday	French Toast Cereal	BLT Chicken Kabobs + Keto Brioche	South of the Border Steak + Asparagus Cobb Salad
Wednesday	Bacon Fat Bombs	Chefs Salad + BLT Grilled Romaine	Chicken Tinga wt keto Tortillas + Keto Rice
Thursday	Smoked salmon, Egg and Avacado	Crab Louie Salad + Keto Tortillas	Spanish Spiced Lamb Chops + Brioche Croutons
Friday	Lemon Minute Muffins	T-Bone Steaks Wt Romanesco Sauce + Cauliflower Rice	Lemon Pepper Chicken Tenders + Grilled Avacado
Saturday	Loaded scrambled eggs	Camarones Cucarachas (Deviled Srimps) + Cabbage Pasta	Slow Cooker Philly Steak Sandwiches + Chow Chow
Sunday	Lemon Poppyseed waffles	Salad Kabobs + KETO TOMATO SOUP	Easy BBQ Brisket + Keto Rice

VEGAN

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WEEK 1

UPTO 1500 KCAL

Days	Breakfast	Lunch + Side	Dinner + Side
Monday	Almond milk & pistachio porridge	Brown rice herb salad + Tomato and Cucumber Salad	Eggplant pizzette + Healthy Fried Rice
Tuesday	Blueberry chia pudding	Rainbow rice paper rolls with satay sauce + Olive oil crackers	Sesame tofu stir-fry + Grilled Vegetables
Wednesday	Carrot & parsnip loaf with cinnamon tahini spread	Warm beetroot & walnut salad + Chargrilled eggplant & sumac dip	Red lentil dal + Vegetable chips
Thursday	Best green smoothie	Quinoa tabbouleh + Vegetable Sticks with Cashew Dip	Lentil rissoles with tomato & chilli relish & cucumber raita + Vegan Lentil Soup
Friday	Tofu scramble	Tomato salad with garlic croutans + Arugula Salad with Lemon Vinaigrette	Stuffed portobello mushrooms + BBites Flatbread
Saturday	Baked brown rice pudding with peaches	Avacado pesto toasts + Corn & Tomato Salad	Barbecued tofu with bokchoy & broccolini + Roasted Butternut Squash
Sunday	Bean shakshuka with coriander	Miso souo with kimchi + Roasted Potatoes	Roasted cauliflower salad + Steamed Broccoli with Almonds

LOW CARB

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WEEK 1

UPTO 1500 KCAL

Days	Breakfast	Lunch + Side	Dinner + Side
Monday	Chili egg scramble	Leek & Salmon Quiche in a dish + Tomato and Cucumber Salad	Simple steak & salad + Broccoli Slaw
Tuesday	BBites Coconut Porridge	Fish Stir Fry with Quinoa + Balanced Mozzarella Sticks	Chicken wrapped in parma ham + Moroccan Carrot Salad with Roasted Walnuts
Wednesday	Everything But The Bagel Omelette	Chicken caesae-ish salad + Roasted Potatoes	Mediterranean fish bake + Tabbouleh Salad
Thursday	BBites Meatloaf Muffins	Spiced lamb and minted yoghurt + Cheesy Polenta	Baked salmon with pea and brocolli mash + Vegetable Sticks with Hummus
Friday	BBites Breakfast Parfait	Meatballs in toamto sauce + Garlic Bread	Roast chicken thighs with lemon + Healthy Mashed Potatoes
Saturday	Spicy Green Omelette	Chicken goujons with parmesan crumb + Ginger & parsnip traybake	Quinoa, brocolli & asparagus salad + Balanced Mozzarella Sticks
Sunday	BBites Breakfast Cereal With Almond Milk	Beef Stranganoff + Brown Rice	Chicken tikka masala + Yummy Lentil Salad

BALANCED

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WEEK 1

UPTO 1800 KCAL

Days	Breakfast	Lunch + Side	Dinner + Side
Monday	CARROT CAKE OATS	CHILLI LIME CHICKEN AND RICE BAKE + YOGHURT FLATBREAD	SWEDISH SPICED CARROT WITH WHITE FISH + STEAMED LEMON GARLIC BROCCOLI
Tuesday	MUSHROOM AND SPINACH SKILLET WITH EGGS	MONGOLIAN BEEF WITH BASMATI RICE + QUINOA GARDEN SALAD	PEANUT CHICKEN WITH BAKED HERBED POTATO + BALANCED GARLIC BREAD
Wednesday	HEALTHY BAGELS WITH CREAM CHEESE & STRAWBERRY JAM	SLOPPY JOE PIE + STRAWBERRY SPINACH SALAD WITH FETA CHEESE	ROASTED PISTACHIO CRUSTED SALMON WITH BROCCOLI +WHIPPED MASHED SWEET POTATO
Thursday	EASY SCRAMBLED EGG OMELETTE	ORANGE CHICKEN WITH BASMATI RICE + ARUGULA SALAD WITH PARMESAN SHAVINGS	HEALTHY CHEESEBURGER + SWEET POTATO FRIES
Friday	APPLE AND CINNAMON PORRIDGE	TEMPURA PRAWNS + ROASTED VEGETABLES WITH TOFU & WALNUTS	PERSONAL BEEF PEPPERONI PIZZA ON THIN CRUST + BALANCED MOZZARELLA STICKS
Saturday	RED PEPPER, SPINACH, TOMATO AND MUSHROOM OMELETTE	HARISSA PEPPER CHICKEN + SKINNY MASHED POTATO	PESTO SEARED LAMB WITH POTATO AND PEAS + BALANCED TABBOULEH SALAD
Sunday	CHOCOLATE CHIA SEED PUDDING	SPAGHETTI CARBONARA + BALANCED GARLIC BREAD	MUSTARDY BEEF & CARROT SLAW WITH RICE + AUTHENTIC GREEK SALAD