

A Vegetarian Keto Menu Plan: Week 1

@rads

BREAKFAST

Scrambled eggs with cheese + Strawberries

Omelet + Cheese + Mushrooms

Stir fried paneer + Mushrooms

Whey Protein Shake + Greens

Tea or Coffee - Almond/Soy Milk

BulletProof Coffee

MEALS

Thai coconut curry Bok Choy + mushrooms

Thai Coconut Soup

Stir Fried green beans + Paneer

Paneer + Mushroom Stir Fry

Cabbage + Paneer Bhel

Coleslaw

Fresh Greens salad with cheese

Cream of Broccoli

Bok-Choy Soup

SNACKS

Cheese Sticks

Macadamia Nuts

Roasted Walnuts

Chocolate Mousse

Strawberry in Whipped Cream

A Vegetarian Keto Menu Plan

Week 1 - Grocery List

Eggs

Cheese (Grated Cheddar/Provolone)

Round Button Mushrooms

Whey Protein Powder/Shake

Almond/ Soy Milk

Heavy Whipping Cream

Butter

Coconut Oil

Mayonnaise

Panneer

Garlic - Ginger

Coconut Mil Cans

Green Beans

Cabbage

Broccoli

Fresh Greens (Kale-Spinach)

Macadamia Nuts

Peanuts -Roasted

Walnuts - Roasted

Cheese sticks

Hershey's no-sugar Chocolate Powder

Strawberries