



1500



Low Carb Meal Plan

5 days – 645AED
20 days - 2322AED (10% discount)

*Free Everyday Delivery and VAT included **

- A little progress each day adds up to a big result..



1500 kcal **Low Carb Meal Plan**



Day 1
(1487 calories, 30g net carbs, 90g Protein, 128g Fat)

Breakfast:
Scrambled Eggs, Spinach, Chive

Lunch:
Butter Chicken Wrap, Keto Butter Chicken sauce

Snack:
Caesar Salad, Parmesan Chips

Dinner:
Braised Spiced Lamb, Cauliflower rice

Dessert:
Chocolate dipped Strawberries

Day 2
(1583 calories, 29.2g net carbs, 94g Protein, 92g Fat)

Breakfast:
Keto pancakes, Peanut butter, chocolate

Lunch:
Almond Crusted Chicken Tenders, Grilled vegetables

Snack:
Guacamole, Celery and Bell peppers Sticks

Dinner:
Zoodles Spaghetti and Meatballs

Dessert:
Mixed Berries, Pistachio Greek yoghurt

Day 3
(1579 calories, 28.5g net carbs, 89g Protein, 113g Fat)

Breakfast:
Fresh Spinach and Cheese Omelette

Lunch:
Beef Cheeseburger Lettuce Bowl

Snack:
Cucumber, Mint and Greek Yoghurt Salad

Dinner:
Shish Tawouk, Grilled broccoli, Mint sauce

Dessert:
Strawberries and Cream

Day 4
(1467 calories, 28g net carbs, 98g Protein, 120g Fat)

Breakfast:
Chia Pudding, Mixed Organic Berries, Coconut milk

Lunch:
Grilled Chicken and Mint Pesto Burger

Snack:
Almond milk, greens and protein powder smoothie

Dinner:
Lamb Kofta, String beans, Cacciatore sauce

Dessert:
Keto Brownie

Day 5
(1474 calories, 32g net carbs, 89g Protein, 105g Fat)

Breakfast:
Almond Milk and Fresh Strawberry Smoothie

Lunch:
Lamb Kebab Wrap, Mint sauce

Snack:
Rucola, parmesan pesto salad

Dinner:
Tandoori Chicken, Tandoori Broccoli

Dessert:
Keto Chocolate Chip Cookie

1500 Low Carb Meal Plan

Day 1

(1487 calories, 30g net carbs, 90g Protein, 128g Fat)

Breakfast:

Scrambled Eggs, Spinach, Chive

(312 Calories, 2.1g Net Carbs, 20g Protein, 20g Fat)

Lunch:

Butter Chicken Wrap, Keto Mint Sauce

(426 calories, 6g net carbs, 36g protein, 29g fat)

Side Dish:

Caesar Salad, Parmesan Chips

(184 calories, 2g net carbs, 2g protein, 15g fat)

Dinner:

Braised Spiced Lamb, Cauliflower rice

(405 calories, 8g net carbs, 28g protein, 28g fat)

Dessert:

Dark Chocolate dipped Strawberries

(160 calories, 8g net carbs, 4g protein, 8g fat)



1500 Low Carb Meal Plan

Day 2

(1583 calories, 29.2g net carbs, 94g Protein, 92g Fat)

Breakfast:

Keto pancakes, peanut butter, chocolate
(348 Calories, 5.7g Net Carbs, 9g Protein, 11g Fat)

Lunch:

Almond Crusted Chicken Tenders, Grilled Vegetables
(357 calories, 6g net carbs, 30g protein, 31g fat)

Side Dish:

Guacamole, Celery, bell pepper crudites
(248 calories, 4.5g net carbs, 5g protein, 16g fat)

Dinner:

Spaghetti Zoodles and Meatballs
(410 calories, 7g net carbs, 37g protein, 24g fat)

Dessert:

Mixed Berries, Pistachio, Greek yoghurt
(220 calories, 6g net carbs, 13g protein, 10g fat)



1500 Low Carb Meal Plan

Day 3

(1579 calories, 28.5g net carbs, 89g Protein, 113g Fat)

Breakfast:

Fresh spinach and cheese omelette
(368 Calories, 2.5g Net Carbs, 20g Protein, 31g Fat)

Lunch:

Beef Cheeseburger Lettuce Bowl
(370 calories, 8g net carbs, 23g protein, 31g fat)

Side Dish:

Cucumber, Mint, Greek Yoghurt Salad
(215 calories, 7g net carbs, 8g protein, 16g fat)

Dinner:

Shish Tawouk, Grilled Broccoli, Mint Sauce
(385 calories, 7g net carbs, 35g protein, 14g fat)

Dessert:

Strawberries and Cream
(241 calories, 4.5g net carbs, 3g protein, 21g fat)



1500 kcal Low Carb Meal Plan

Day 4

(1467 calories, 28g net carbs, 98g Protein, 120g Fat)

Breakfast:

Chia Pudding, Mixed Organic Berries, Coconut Milk
(202 Calories, 4g Net Carbs, 4.8g Protein, 10g Fat)

Lunch:

Grilled Chicken and Mint Pesto Burger
(401 calories, 6g net carbs, 41g protein, 46g fat)

Side Dish:

Almond Milk, Greens and Protein Powder Smoothie
(224 calories, 6g net carbs, 8g protein, 16g fat)

Dinner:

Lamb Kofta, String beans, Cacciatore sauce
(438 calories, 8g net carbs, 39g protein, 33g fat)

Dessert:

Keto Brownie
(202 calories, 4g net carbs, 5g protein, 15g fat)



1500 kcal Low Carb Meal Plan

Day 5

(1474 calories, 32g net carbs, 89g Protein, 105g Fat)

Breakfast:

Almond milk, Fresh Strawberry Smoothie
(202 Calories, 8g Net Carbs, 2g Protein, 15g Fat)

Lunch:

Lamb Kebab Wrap, Mint Sauce
(426 calories, 6g net carbs, 36g protein, 34g fat)

Side Dish:

Rucola, Parmesan, Almond Pesto Salad
(210 calories, 4g net carbs, 4g protein, 8g fat)

Dinner:

Tandoori Chicken Tikka, Tandoori Broccoli
(436 calories, 9g net carbs, 38g protein, 31g fat)

Dessert:

Keto chocolate chip cookie
(200 calories, 5g net carbs, 9g protein, 17g fat)





Thank You.

+971 55 419 5153

info@darkknighthospitality.com

<https://currycastle.ae/keto-culture/>



- A little progress each day adds up to a big result..