

Lunch Ideas Bank

1. Marinated boiled eggs with seasoned avocados
2. Suyuk pork belly slices paired with kimchi
3. Zucchini & gruyere slices for broiled cheese chips with a cold chicken and shredded carrots salad
4. Cold dish of salted duck eggs, garden tomatoes, and pickled daikon; keto bread toasted
5. Wakame seaweed salad with sesame oil and red vinegar with grilled marinated tofu
6. Chicken salad with hardboiled eggs over mixed greens and cheeses
7. Mackerel or sardined (drained) with hardboiled eggs over mixed greens; toasted seaweed
8. Tuna salad in lettuce cups; cubed cheese and cherry tomatoes; caviar on grilled seasoned tofu
9. Charcuterie board: gouda, manchego, gruyere, mozzarella pearls, grilled sausage slices, olives, pickled cucumbers, pickled shallots, artichoke hearts, cherry tomatoes, roasted almonds, Parmesan crisps, seaweed chips
10. Keto bread grilled cheese sandwich with egg drop and tomato soup
11. Ahi tuna salad with sesame ginger sauce; mixed greens, avocados, radishes, cucumber slices
12. Spicy tuna poke (marinated raw tuna cubes, avocados, cucumbers, crushed macadamia nuts or pine nuts, sriracha mayo)
13. Thai lemongrass shrimp salad (shrimp, mint, cilantro, basil, cabbage slaw, chili-lime vinaigrette)
14. Five-spice baked crispy chicken wings with napa cabbage cold dish
15. Coconut milk poached halibut with grilled zucchini and mixed greens
16. Salmon tartare with yuzu, in butter lettuce wraps
17. Grilled mackerel in seaweed nori rolls with mixed mushrooms stir-fry dish
18. Gochujang spicy roasted cauliflower steaks with steamed veggies
19. Bitter melon and scrambled eggs over cauliflower “fried rice”
20. Avocados and cucumber gazpacho (tomatoes, cucumber, avocados, chiles, garlic, shallots, red wine vinegar, olive oil in blender) with keto toast (or keto grilled cheese sandwich)

Dinner Menu Week 1

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|---|--|---|---|---|--|--|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| Three-cup braised chicken drumsticks and braised carrots | Thai red curry with eggplant, cabbage, zucchini, and cauliflower | Teriyaki salmon with toasted sesame paste and scallions | Gochujang-glazed grilled mackerel garnished w/ scallion shavings | Scallop ceviche with pickled shallots and avocado | Grilled Chilean sea bass in brown butter with garden tomatoes | Clay pot chicken adobo and roasted red and green bell peppers |
| Salad greens w/ miso ginger dressing Mixed mushroom stir-fry Cucumber salad | Braised eggs Salad greens w/ miso ginger dressing | Ggyeran-mari egg omelet rolls Mixed mushrooms stir-fry | Cauliflower “fried rice” Cucumber salad Spinach banchan with toasted sesame seeds | Zucchini and gruyere broiled strips Yamitsuki cabbage cold dish Spinach banchan with toasted sesame seeds | Broiled brussels sprouts Baby bok choy in white miso Keto bread and cheese | Carrot puree Chinese eggs and chives stir-fry Cauliflower “fried rice” |

Dinner Menu Week 2

| Day 8 | Day 9 | Day 10 | Day 11 | Day 12 | Day 13 | Day 14 |
|---|---|--|--|--|--|---|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| Mediterranean roasted chicken (cured lemon, garlic, oregano, thyme, paprika, cumin, shallots) | Bulgogi beef slices over konjac noodle knots and zucchini in spicy garlic chili oil, black vinegar, soy sauce | Hainan chicken over cauliflower "fried rice" | Filet mignon and sautéed button mushrooms | Seared ribeye beef slices over salad greens and pickled carrot slaw | Grilled Chilean sea bass in browned butter | Chawanmushi (egg custard bowl) with white miso poached halibut and snow pea leaves in garlic sauce |
| Cauliflower "fried rice" Egg & tomato Braised eggplant | Butter lettuce salad w/ avocados and cherry tomatoes Picked daikon ribbons | Buttered cabbage with soft-boiled eggs Wakame, tofu, mushroom white miso soup | Konjac and zucchini ribbon noodles Carrot puree | Gyeran-mari egg omelet rolls Broccoli stir-fry Picked daikon ribbons | Uni (sea urchin) and caviar with egg on keto bread Roasted brussels sprouts & carrots | Suyuk (boiled pork belly slices) w/ lettuce wraps Kimchi Pickled daikon Pickled shallots |

Dinner Menu Week 3

| Day 15 | Day 16 | Day 17 | Day 18 | Day 19 | Day 20 | Day 21 |
|---|---|--|---|---|--|---|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| Bell peppers stuffed w/ braised tofu, shiitake, wood ear, scallions, shrimp | Keto-friendly huli huli chicken | Miso broiled salmon garnished w/ caviar | Grilled halibut in lemon butter and scallions | Thai curry chicken, broccoli, and bell peppers | Steamed Dungeness crab and Cajun grilled shrimp | Seared scallops with cured lemon dressing and caviar |
| Pea sprouts in garlic and ginger Chinese egg and tomato stir-fry | Green beans sauté in ginger-garlic sauce Butter lettuce salad (avocado, Hiros tomatoes, cheese, cucumbers, shredded carrots) | King oyster mushrooms and broccoli over shirataki noodles Roasted brussels sprouts Gyeran-mari egg rolls | Green beans sauté in ginger-garlic sauce Butter lettuce salad (avocado, Hiros tomatoes, cucumbers, cheese) | Cauliflower “fried rice” with peas and carrots Butter lettuce salad (avocado, Hiros tomatoes, cucumbers, bell peppers, cheese) | Creamy cauliflower grits w/ cheese and butter Konjac noodles with egg ribbons, shredded carrots, and cucumber | Braised tofu over cauliflower “fried rice” Oven-roasted cabbage and sardines with diced carrots (w/ shallots; cooked in fatty bone broth) finished with balsamic vinegar |

Dinner Menu Week 4

| Day 22 | Day 23 | Day 24 | Day 25 | Day 26 | Day 27 | Day 28 |
|---|---|--|--|--|--|--|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| White miso halibut, grilled | Coconut curry tofu and vegetables | Bulgogi beef steak strips | Shredded chicken Hainan-style | Grilled sea bass with browned butter | Braised salmon, broiled | Bulgogi beef steak strips |
| Konjac noodles with bell peppers and nameko mushrooms in garlic chili oil Gyeran-mari egg omelet rolls Green beans in garlic-ginger sauce with wood ear mushrooms, stir-fry | Broccoli and bell peppers stir-fry Butter lettuce salad (avocados, tomatoes, cheese, and julienned bell peppers) | Konjac noodles in garlic chili oil topped with seared scallops and sliced asparagus Tofu and wakame white miso soup | Seasoned avocados and marinated tofu bake Egg and tomato stir-fry Cold cucumber salad with shredded carrots and toasted sesame seeds | Kimchi jjigae (tofu, pork bone broth, scallions, kimchi, veggies, scallops) Butter lettuce salad (avocados, tomatoes, cheese, and julienned bell peppers) | Cauliflower “fried rice” with peas and carrots Mixed vegetables stir-fry Marinated boiled eggs | Chawanmushi (steamed egg) with abalone, shrimp, scallops, and halibut Miso-marinated grilled eggplant Butter lettuce salad |

Dinner Menu Week 5

| Day 29 | Day 30 |
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| MONDAY | TUESDAY |
| Grilled mackerel in soy sauce, ginger, garlic, sesame oil | Yakitori: Cubed chicken, scallions, bell peppers, mushrooms |
| Keto lo mein with shirataki noodles, broccoli, bell peppers, and mushrooms | Shrimp, zucchini, shallots, scallops |
| Baby bok choy and marinated wood ear mushroom stir- fry | Cubed bulgogi beef coated in sesame seeds, scallions |
| | Grilled maitake mushrooms |