



NOT YOUR BASIC MEALPREP

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3RD FEB - 14TH FEB

KETOGENIC MENU

**NON VEG
(BACON CAN BE REPLACED)**

MONDAY

LUNCH + DINNER

Butter chicken + bacon + veggies
Cauliflower mac & cheese + cheesy
eggs

TUESDAY

LUNCH + DINNER

Italian eggs + mixed veggies
Steak chicken cubes + cheesy veggiess

WEDNESDAY

LUNCH + DINNER

Chicken pot pie + zesty cucumber salad
Jalapeno eggs + hash brown veggies

THURSDAY

LUNCH + DINNER

Egg pancit + capcicum fry
Coconut chicken curry +
cauliflower rice

FRIDAY

LUNCH + DINNER

Korean chicken lettuce wraps
Chili garlic eggs + all veg salad

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TO ORDER CALL - +91 7619532625



NOT YOUR BASIC MEALPREP

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3RD FEB - 14TH FEB

KETOGENIC MENU

VEG

MONDAY

LUNCH + DINNER

Butter paneer + bell peppers + veggies
Cauliflower mac & cheese + mixed
veggies

TUESDAY

LUNCH + DINNER

Italian creamed veggies + spinach
Paneer steak cubes + cheesy veggies

WEDNESDAY

LUNCH + DINNER

Paneer pot pie + veggies
Cheesy veg casseroles + veg hash browns

THURSDAY

LUNCH + DINNER

Veg pancit capicum fry
Paneer coconut curry + cauliflower rice

FRIDAY

LUNCH + DINNER

Korean paneer lettuce wraps
Veg chili garlic veggie + veg salad

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