

KETO

MEAL PLAN

DoctorsMeal
Pills Manage, Meals Heal. Make The Switch



LOW
CARB



HIGH
HEALTHY FAT



MODERATE
PROTEIN

CLEAN FUEL. LASTING ENERGY. **REAL RESULTS.**



GRILLED SALMON

With garlic butter. Served with cucumber and avocado salad and olive oil dressing

£13



CHICKEN BREAST

Stuffed with cheese and roasted bell peppers. Served with mixed green salad and olive oil dressing

£13



BAKED CREAMY SALMON

With spinach. Served with rocket and cherry tomato salad and lemon

£13



GRILLED LAMB CHOPS

With rosemary. Served with Greek salad

£13



GRILLED TURKEY BREAST

With lemon and butter. Served with cabbage, carrot and olive oil stew

£13



CREAMY PRAWNS

With sautéed spinach. Served with avocado lettuce and pumpkin seed salad

£13



GRILLED PANEER

With thyme, rosemary and olive oil. Served with cucumber, olive and feta salad

£13



INDICATIONS



Weight Management

Supports natural fat loss and helps maintain healthy weight



Blood Sugar Control

Helps stabilize blood sugar and improves insulin sensitivity



Mental Clarity

Provides steady energy and supports focus and concentration



Heart Health

Promotes healthy cholesterol levels and cardiovascular health



Digestive Health

High in fiber and healthy fats for a healthy gut



CONTRAINDICATIONS



Absolute

Fatty acid oxidation/carnitine metabolism disorders, acute pancreatitis.



Relative

Type 1 diabetes (eDKA risk), severe liver disease, chronic kidney disease, pregnancy/lactation.



WARNING SIGNS

If you are Diabetic:

- Keep an eye on your blood sugars – they might drop down (hypoglycaemia)
- Watch for shakiness, sweating, confusion, or dizziness
- Your medication/insulin dose may need adjustment — consult our physician before starting

If you are Hypertensive:

- Your BP might drop down, especially in the first 1–2 weeks
- Watch for lightheadedness, fatigue, or fainting on standing up suddenly
- Your antihypertensive medication dose may need review – consult your physician

SCAN TO VISIT



doctorsmeal.com



MADE WITH
WHOLESOME
INGREDIENTS



NO TRANS FAT
NO REFINED OIL
NO PRESERVATIVES



FRESHLY
PREPARED
DAILY



PERFECTLY
PORTIONED
MEALS



MADE FOR YOUR
HEALTH &
WELLBEING