

LCHF

MEAL PLAN

DoctorsMeal 
Pills Manage, Meals Heal, Make The Switch



LCHF

LOW
CARB



HIGH
HEALTHY FAT



MODERATE
PROTEIN

CLEAN FUEL. LASTING ENERGY. REAL RESULTS.



CHICKEN COCONUT CURRY

With cucumber, tomato salad and lemon. Choice of brown rice or cauliflower rice.

£13



PRAWN MASALA

With onion, spiced tomato-based coriander, salad. Choice of action salad. Choice of Quinoa or cauliflower rice

£13



GRILLED TUNA STEAK

With green beans, served hotly salad, and olive oil dressing and lemon.

£13



TURKEY MINCED CURRY

With mizzed turkey, in a spiced curry, served with a salad of cucumber and lettuce. Choice of brown rice or cauliflower rice

£13



PANEER BUTTER MASALA

With creamy, tomato-butter gravy, served with a salad of red bell peppers, onion. Choice of little millet

£13



LAMB STEW

With greens, beetroot, and and rocket salad with olive oil dressing, and a side of steamed brown rice or quinoa.

£13



LCHF SALAD

Fresh salad consisting of avocado, lettuce and olives a Greek salad (olives, feta, etc.) mixed in

£13



MADE WITH
WHOLESUME
INGREDIENTS



NO TRANS FAT
NO REFINED OIL
NO PRESERVATIVES



FRESHLY
PREPARED
DAILY



PERFECTLY
PORTIONED
MEALS



MADE FOR YOUR
HEALTH &
WELLBEING



INDICATIONS



Epilepsy:

Drug-resistant/refractory cases.



Type 2 Diabetes:

Blood glucose control and insulin intake requirements.



Weight Loss:

Effective fat loss and appetite suppression.



Triglycerides:

Lower's high serum triglycerides.



PCOS with Insulin Resistance:

Improves insulin sensitivity and hormonal balance.



HOW LCHF BENEFITS YOU



Promotes
Weight Loss
Your Body,
Weight Loss



Supports
Diabetes
Supports
Blood Sugar
Stability



Improves
Lipid Profile
Improves
Lipid Profile



Hormonal
Balance
Balances
Hormones
(PCOS)



CONTRAINDICATIONS



Absolute

Fatty acid oxidation/carnitine metabolism disorders, acute pancreatitis.



Relative

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



WARNING SIGNS

If you are Diabetic:

- Keep an eye on your blood sugar – they might drop down (hypoglycemia)
- Watch for dizziness, sweating, confusion, or fatigue
- 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 fatering on standing up suddenly
- Your antihypertensive medication dose may need review – consult your physician

 EAT CLEAN. STAY ACTIVE. LIVE BETTER.

DoctorsMeal – Your Partner in Holistic Wellness