Saturday, 28 November 2020

MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
"nasi" liwet Sunda	128k	538,87	7,7	33	40
Soto ayam Lamongan	88k	272,24	4,5	15,4	20,5
Beef Bulgogi Bowl	108K	381,89	4,9	27	27
TOTAL Macro Nutrient (gr)		1193	17,1	75,4	87,5
TOTAL Macro Nutrient (%)			5,88%	25,91%	68,21%

Monday, 30 November 2020

MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Tom Yum Soup	108K	474,89	4,9	27	37
Sauted Tofu & Kucai	48K	283	4,1	3	27,3
Nasi Ayam Chasiu	108K	370	4	25	27
TOTAL Macro Nutrient (gr)		1127,89	13	55	91,3
TOTAL Macro Nutrient (%)			4,73%	19,99%	75,28%

Tuesday, 01 December 2020

MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Tumis Ayam Kemangi	108k	425,35	10	32,5	27
Keto Portugese sweet Bread	58k	290,05	4,5	5	27
Tahu Telor Keto	108k	467,4	7,6	32	32,8
TOTAL Macro Nutrient (gr)		1182,8	22,1	69,5	86,8
TOTAL Macro Nutrient (%)			7,66%	24,09%	68,25%

Wednesday, 02 December 2020

MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Rujak kikil Madura	98k	381,89	6,9	25	27
Keto Biscuits with Kaya Jam	68K	312,26	5,1	4,6	29,3
Nasi Lemak Khas Malaysia	118K	459,17	7	31,5	32,4
TOTAL Macro Nutrient (gr)		1153,32	19	61,1	88,7
TOTAL Macro Nutrient (%)			6,75%	21,72%	71,52%

Thursday, 03 December 2020

MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Keto Egg & Bacon Sandwich	108k	393,37	1,3	33,4	27
"Nasi" Goreng Shanghai	78K	236,22	7,8	1,5	21,3
Singaporean Laksa	128K	421,94	7,6	31,8	28
TOTAL Macro Nutrient (gr)		1051,53	16,7	66,7	76,3
TOTAL Macro Nutrient (%)			6,51%	26,01%	67,48%

Friday, 04 December 2020

MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Pepes Jangkang	118K	371,78	6	31,6	23,4
Keto Toast Bread with Strawberry Jam	88k	272,24	4,5	15,4	20,5
Nasi Uduk Keto	118K	459,17	7	31,5	32,4
TOTAL Macro Nutrient (gr)		1103,19	17,5	78,5	76,3
TOTAL Macro Nutrient (%)			6,50%	29,17%	64,32%

Saturday, 05 December 2020

MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Ayam Goreng Lengkuas with Sambal Bawang	108K	429,71	4,1	25,4	33,2
Chocholate Chip Cookies	68K	301,7	5,3	5	27,9
ROTTENEGG CHICKEN "RICE"	118K	444,28	6	26,6	33,4
TOTAL Macro Nutrient (gr)		1175,69	15,4	57	94,5
TOTAL Macro Nutrient (%)			5,37%	19,88%	74,75%

Monday, 07 December 2020

MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Soto Rusuk Ba' Khas Manado	118K	391,68	3,4	10,7	35,9
Keto Pancakes with Strawberry Jam and Butter	88K	378,8	3	10	35
Batagor Shirataki	108K	376,56	3	27,6	27
TOTAL Macro Nutrient (gr)		1147,04	9,4	48,3	97,9
TOTAL Macro Nutrient (%)			3,36%	17,26%	79,38%

Tuesday, 08 December 2020

MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Sego Sambel Keto	98k	381,89	4,9	27	27
Spiku Keto (1 slice)	28K	301,12	3,6	8,6	27
PALLUBASA SOUP WITH SHIRATAKI	118K	431,95	5,5	25	33
TOTAL Macro Nutrient (gr)		1114,96	14	60,6	87
TOTAL Macro Nutrient (%)			5,15%	22,28%	72,57%

Wednesday, 09 December 2020

MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Keto Buffalo Shrimp	108k	489,19	5,4	28,4	37,7
RottenEgg Karedok	58k	159,7	9	5	11
Japanese Chasiu Ramen	128k	360,7	2	27	26
TOTAL Macro Nutrient (gr)		1009,59	16,4	60,4	74,7
TOTAL Macro Nutrient (%)			6,66%	24,53%	68,81%

Thursday, 10 December 2020

MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
"Nasi" Timbel keto	98k	353,6	4	21	27
Tahu Gejrot Keto	68K	338,6	4,9	5,1	32
Mie Ujung Pandang	118k	363,85	4,5	23	27
TOTAL Macro Nutrient (gr)		1056,05	13,4	49,1	86
TOTAL Macro Nutrient (%)			5,20%	19,06%	75,74%

Friday, 11 December 2020

MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Beef Terriyaki	128k	394,6	6	29	27
Keto Tiramisu	48k	321,23	5,3	5	30
Ayam Goreng Oriental	78K	301,25	3	11,5	26
TOTAL Macro Nutrient (gr)		1017,08	14,3	45,5	83
TOTAL Macro Nutrient (%)			5,76%	18,34%	75,89%

Saturday, 12 December 2020

MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Sate Sapit Madura	128k	505,1	4	33	38
Keto Doughnut with Cheese Topping	88k	232,33	5,3	6	20
Sop Bakmoy Keto with Rice	128k	489,41	5,8	27,6	37,9
TOTAL Macro Nutrient (gr)		1226,84	15,1	66,6	95,9
TOTAL Macro Nutrient (%)			5,05%	22,26%	72,70%

Monday, 14 December 2020

MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Creamy Tuscan Salmon	108k	489,19	5,4	28,4	37,7
Cah Kaylan Bawang Putih	88k	146,98	9	5,3	9,5
"MIE" Ayam Jamur	108k	326,8	3	20	25
TOTAL Macro Nutrient (gr)		962,97	17,4	53,7	72,2
TOTAL Macro Nutrient (%)			7,41%	22,86%	69,73%

Tuesday, 15 December 2020

MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Shrimp Scampi	108K	521,5	8	33	38
Siomay Bandung KETO	78K	143,15	3	11,5	9
Nasi Pecel Madiun	98K	501,17	4	30	38,9
TOTAL Macro Nutrient (gr)		1165,82	15	74,5	85,9
TOTAL Macro Nutrient (%)			5,28%	26,20%	68,52%

Wednesday, 16 December 2020

MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
AYAM Rica Manado	88K	515,84	3,2	27,8	41,8
Cah Tauge Ikan asin	48k	249,7	5,3	15	17,9
Soto Tangkar Betawi	108k	580,56	4,5	44,1	41
TOTAL Macro Nutrient (gr)		1346,1	13	86,9	100,7
TOTAL Macro Nutrient (%)			3,96%	26,47%	69,57%

Thursday, 17 December 2020

MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
"nasi" Chicken Karage with Sambal Matah	98k	333,6	8	28	20
Klappertaart Keto	58K	342,7	5,3	15	27,9
Sate Padang RottenEgg	108K	422,29	3,7	46,9	23,1
TOTAL Macro Nutrient (gr)		1098,59	17	89,9	71
TOTAL Macro Nutrient (%)			6,34%	33,55%	60,10%

Friday, 18 December 2020

MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Barbecued Red Snapper with lime and Chilly	108	447,7	3	20	38
Es Teler Keto	58K	141,1	8	6	9
"Nasi" Serpang Madura	118K	439,7	6	40	27
TOTAL Macro Nutrient (gr)		1028,5	17	66	74
TOTAL Macro Nutrient (%)			6,78%	26,31%	66,91%

Saturday, 19 December 2020

MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Bandeng Presto with Sambal Korek	108k	556,85	5,5	41,4	39,2
Urap Urap	38K	244,09	4,9	7	21
"nasi" kuning Keto	98K	475,93	3	38	33,1
TOTAL Macro Nutrient (gr)		1276,87	13,4	86,4	93,3
TOTAL Macro Nutrient (%)			4,30%	27,74%	67,95%

Monday, 21 December 2020

MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Thai Beef Salad (aust Grass Fed Beef)	128K	458,26	5,5	35,5	31,2
Nasi kuning Keto	108K	384,22	3,4	26,8	28
Almond Pie Keto Muffins	88K	312,3	3,7	11	27,1
TOTAL Macro Nutrient (gr)		1154,78	12,6	73,3	86,3
TOTAL Macro Nutrient (%)			4,47%	26,02%	69,50%

Tuesday, 22 December 2020

MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
"NASI LIWET" (AYAM SUWIR, MANISA, DADAR TELUR)	98K	465,33	3,3	24	38
Ayam Saus Padang	108K	529,7	8	35	38
Keto Caesar Salad	78K	192,8	5	8	15
TOTAL Macro Nutrient (gr)		1187,83	16,3	67	91
TOTAL Macro Nutrient (%)			5,63%	23,13%	71,25%

Wednesday, 23 December 2020

MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Manado Fish Soup	98K	472,85	5,8	22,2	38,5
Keto Chicken Quasadilla	68K	373,84	5,4	20	29
"lontong" Balap RottenEgg	98K	292,1	4,9	5,1	27
TOTAL Macro Nutrient (gr)		1138,79	16,1	47,3	94,5
TOTAL Macro Nutrient (%)			5,80%	17,03%	77,17%

Thursday, 24 December 2020

MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Kungpau Chicken	98k	432,6	7	35	28
Jamur Geprek	98k	253,46	8	8	20,2
Lemon Butter Dori	108k	493,72	4	24,1	40,7
TOTAL Macro Nutrient (gr)		1179,78	19	67,1	88,9
TOTAL Macro Nutrient (%)			6,60%	23,32%	70,08%

Monday, 04 January 2021

MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Keto Steak Fajita wrapped in romaine lettuces	108	436,2	4	23	35
Kue Lumpur Surga Pandan Keto	78K	277,711	7,75	8,29	22,79
"Nasi" Cumi Madura	118K	583,9	4	25	50
TOTAL Macro Nutrient (gr)		1297,811	15,75	56,29	107,79
TOTAL Macro Nutrient (%)			4,98%	17,78%	77,24%

Tuesday, 05 January 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Otak Otak Ujung Pandang with peanut sauce	128k	463,8	6	30	34
Bakwan Rebon Keto w/ sambal petis	88k	241,33	5,3	15	17
Asam Padeh Tongkol Padang with Eggplant	108k	489,41	5,8	27,6	37,9
TOTAL Macro Nutrient (gr)		1194,54	17,1	72,6	88,9
TOTAL Macro Nutrient (%)			5,87%	24,92%	69,21%

Wednesday, 06 January 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
AYAM BACEM with Sambal	148k	357,1	6	38	19
Shirataki in Carbonara Sauce	68k	260,9	3	13	21
Brokoli Tumis Bawang putih	78k	387,5	12	19	28
TOTAL Macro Nutrient (gr)		1005,5	21	70	68
TOTAL Macro Nutrient (%)			8,56%	28,54%	62,89%

Thursday, 07 January 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Ikan Sayur Asin with Tahu	108k	489,19	5,4	28,4	37,7
Keto Egg Loaf with Bacon	58k	126,9	1	5	11
"Nasi" Krengsengan Tek Tek	128k	377,1	3	30	26
TOTAL Macro Nutrient (gr)		993,19	9,4	63,4	74,7
TOTAL Macro Nutrient (%)			3,88%	26,17%	69,95%

Friday, 08 January 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Kerang Batik saos pedas	108K	331,22	2	24,8	23,8
Rottenegg Chawan Mushi	58K	292,1	4,9	5,1	27
AYAM TALIWANG	108K	498,26	6	31,6	37
TOTAL Macro Nutrient (gr)		1121,58	12,9	61,5	87,8
TOTAL Macro Nutrient (%)			4,72%	22,48%	72,80%

Saturday, 09 January 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Kare Ayam Kampung with egg	118K	507,3	5	28	40
Es Campur Keto	58K	260,2	10,2	2	22,6
Nasi Kebuli Keto (BEEF)	108K	421,29	7,2	30	28,9
TOTAL Macro Nutrient (gr)		1188,79	22,4	60	91,5
TOTAL Macro Nutrient (%)			7,73%	20,69%	71,58%

Monday, 11 January 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Shirataki Bakar Tuna Pedas	98k	400,68	9	23,4	28,8
Angsio Tahu Jamur Shimeji	58K	273,8	7	12,6	20,8
Ayam Goreng Kalasan	128K	411	8	31	27
TOTAL Macro Nutrient (gr)		1085,48	24	67	76,6
TOTAL Macro Nutrient (%)			9,07%	25,31%	65,63%

Tuesday, 12 January 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
SEBLAK CHICKEN WINGS	98k	476,4	3	27	38
Australian Non Hormones SRILOIN STEAK with Mashed	138k	394,49	8,9	17	31
Mie Goreng Gang Sempit	78k	361,8	6	21	27
TOTAL Macro Nutrient (gr)		1232,69	17,9	65	96
TOTAL Macro Nutrient (%)			5,95%	21,62%	72,43%

Wednesday, 13 January 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
OXTAIL SOUP	98k	331,22	2	24,8	23,8
Keto Shepperd Pie	118k	275,29	4,9	1	27
Nasi Goreng Pete	78k	485,96	6	28,6	37
TOTAL Macro Nutrient (gr)		1092,47	12,9	54,4	87,8
TOTAL Macro Nutrient (%)			4,84%	20,42%	74,74%

Thursday, 14 January 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Cheese Dorry with Coleslaw	108k	365,1	6	15	30
Roasted Chicken	98k	159,7	9	5	11
Brocolly Cah bawang putih	68k	159,7	9	5	11
TOTAL Macro Nutrient (gr)		684,5	24	25	52
TOTAL Macro Nutrient (%)			14,38%	14,97%	70,65%

Friday, 15 January 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Bakso Urat Keto	118k	489,19	5,4	28,4	37,7
Keto Penut Butter Mousse with Strawberry	78k	224,13	4	5,3	20
Keto Fried Chicken with Jicama Fries	98k	326,8	3	20	25
TOTAL Macro Nutrient (gr)		1040,12	12,4	53,7	82,7
TOTAL Macro Nutrient (%)			4,89%	21,17%	73,94%

Saturday, 16 January 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Gurame Saos Padang	128k	505,1	4	33	38
Keto Crème Brulee	68k	215,93	5,3	2	20
Keto Buffalo Shrimp	128k	489,41	5,8	27,6	37,9
TOTAL Macro Nutrient (gr)		1210,44	15,1	62,6	95,9
TOTAL Macro Nutrient (%)			5,11%	21,20%	73,68%

Monday, 18 January 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Beer Braised Pork Belly (or Chicken)	128k	412,1	2	35	28
Gado Gado Keto	78k	293	10,2	10	22,6
Roast Beff Roll Ups	118k	473,83	2	27,6	37,9
TOTAL Macro Nutrient (gr)		1178,93	14,2	72,6	88,5
TOTAL Macro Nutrient (%)			4,94%	25,25%	69,81%

Tuesday, 19 January 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Japchae Keto	88k	476,4	3	27	38
Chicken Steak in mushroom Sauce	108k	394,49	8,9	17	31
Ayam Saos Lemon	98k	361,8	6	21	27
TOTAL Macro Nutrient (gr)		1232,69	17,9	65	96
TOTAL Macro Nutrient (%)			5,95%	21,62%	72,43%

Wednesday, 20 January 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Cumi Manado	108K	331,22	2	24,8	23,8
Baby Buncis teri medan	48K	275,29	4,9	1	27
Gurame Masak Sechuan	108K	485,96	6	28,6	37
TOTAL Macro Nutrient (gr)		1092,47	12,9	54,4	87,8
TOTAL Macro Nutrient (%)			4,84%	20,42%	74,74%

Thursday, 21 January 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Bokembab	98k	365,1	6	15	30
Seblak Kangkung	78k	159,7	9	5	11
Udang Masak Telor asin	108k	513,19	5,8	33,4	37,9
TOTAL Macro Nutrient (gr)		1037,99	20,8	53,4	78,9
TOTAL Macro Nutrient (%)			8,22%	21,09%	70,69%

Friday, 22 January 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Chorizo & Jalapenos Pizza	188k	412,05	5,4	30	28,7
Keto Tteokbokki	58K	272,74	7	1	25,8
Yangyoem Tondak	98k	406,9	8	30	27
TOTAL Macro Nutrient (gr)		1091,69	20,4	61	81,5
TOTAL Macro Nutrient (%)			7,66%	22,91%	69,43%

Saturday, 23 January 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
"Lontong" Opor Komplit	118k	394,6	6	29	27
Spaghetti Carbonara	88k	321,23	5,3	5	30
Tomato Pesto Salmon	128k	301,25	3	11,5	26
TOTAL Macro Nutrient (gr)		1017,08	14,3	45,5	83
TOTAL Macro Nutrient (%)			5,76%	18,34%	75,89%

Monday, 25 January 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Ayam Masak Saos Inggris	118k	400,68	9	23,4	28,8
Korean Garlic Butter Bread	58k	231,65	9	1	20,5
Gurame Tim Bw Putih	108k	411	9	30	27
TOTAL Macro Nutrient (gr)		1043,33	27	54,4	76,3
TOTAL Macro Nutrient (%)			10,61%	21,38%	68,01%

Tuesday, 26 January 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Salted egg chicken wing	118K	507,3	5	28	40
Sate Ayam Madura	128k	423,3	9	33	27
Mie Goreng Singapore	68k	277,6	3	8	25
TOTAL Macro Nutrient (gr)		1208,2	17	69	92
TOTAL Macro Nutrient (%)			5,77%	23,41%	70,82%

Wednesday, 27 January 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Sop udang Tofu & Jamur Asam Pedas	78K	327,6	3	27	22
Kwetiaw Goreng Medan	48k	219,9	3	3	21
Fish and Chips	108K	359,79	7,2	15	28,9
TOTAL Macro Nutrient (gr)		907,29	13,2	45	71,9
TOTAL Macro Nutrient (%)			5,97%	20,34%	73,70%

Thursday, 28 January 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Bimbimbab (Telur, Sayur, Sapi Yoshinova)	128k	485,1	10	38	31
Sapo Tahu Jepang	48k	138,1	3	8	10
Cheese Burger Keto	128k	513,19	5,8	33,4	37,9
TOTAL Macro Nutrient (gr)		1136,39	18,8	79,4	78,9
TOTAL Macro Nutrient (%)			6,78%	28,65%	64,57%

Friday, 29 January 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Ayam Tim Hongkong	108k	489,19	5,4	28,4	37,7
Tahu Goreng Cabe Garam	68k	224,13	4	5,3	20
Seblak Kwetiaw	98k	326,8	3	20	25
TOTAL Macro Nutrient (gr)		1040,12	12,4	53,7	82,7
TOTAL Macro Nutrient (%)			4,89%	21,17%	73,94%

Saturday, 30 January 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Nila Masak Pesmol	128k	505,1	4	33	38
Kue Lumpur Pandan Keto	88k	215,93	5,3	2	20
Garang Asem Iga	128k	489,41	5,8	27,6	37,9
TOTAL Macro Nutrient (gr)		1210,44	15,1	62,6	95,9
TOTAL Macro Nutrient (%)			5,11%	21,20%	73,68%

Monday, 01 February 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Thai Beef Salad	128k	412,1	2	35	28
Fettucinne Carbonara	58K	260,2	10,2	2	22,6
Soto Betawi	128k	473,83	2	27,6	37,9
TOTAL Macro Nutrient (gr)		1146,13	14,2	64,6	88,5
TOTAL Macro Nutrient (%)			5,08%	23,11%	71,81%

Tuesday, 02 February 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Japchae	108K	476,4	3	27	38
Chicken Steak in mushroom Sauce	68k	394,49	8,9	17	31
Ayam Saos Lemon	78k	361,8	6	21	27
TOTAL Macro Nutrient (gr)		1232,69	17,9	65	96
TOTAL Macro Nutrient (%)			5,95%	21,62%	72,43%

Wednesday, 03 February 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Burung Dara Goreng	108K	331,22	2	24,8	23,8
Baby Buncis teri medan	48K	275,29	4,9	1	27
Gurame Masak Sechuan	108K	485,96	6	28,6	37
TOTAL Macro Nutrient (gr)		1092,47	12,9	54,4	87,8
TOTAL Macro Nutrient (%)			4,84%	20,42%	74,74%

Thursday, 04 February 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Bokembab	128k	365,1	6	15	30
Brocolly Cah bawang putih	78k	159,7	9	5	11
Udang Masak Telor asin	128k	513,19	5,8	33,4	37,9
TOTAL Macro Nutrient (gr)		1037,99	20,8	53,4	78,9
TOTAL Macro Nutrient (%)			8,22%	21,09%	70,69%

Friday, 05 February 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Caramelized Butter Crab	188k	412,05	5,4	30	28,7
Kailan Cah Bwg Putih	58K	276,84	7	2	25,8
Yangyoem Tondak	98k	406,9	8	30	27
TOTAL Macro Nutrient (gr)		1095,79	20,4	62	81,5
TOTAL Macro Nutrient (%)			7,63%	23,20%	69,17%

Saturday, 06 February 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
OxTongue Steak with Mashed Cauliflower	128k	487,6	6	29	37
Es Dawet Keto	68k	211,7	3	1	21
Oyster Omelette with Sweet and Sour Sauce	88k	334,2	2	16	28
TOTAL Macro Nutrient (gr)		1033,5	11	46	86
TOTAL Macro Nutrient (%)			4,36%	18,25%	77,39%

Monday, 08 February 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Ayam Masak Saos Inggris	118k	400,68	9	23,4	28,8
Spaghetti Carbonara	98k	321,23	5,3	5	30
Gurame Tim Bw Putih	108k	411	9	30	27
TOTAL Macro Nutrient (gr)		1132,91	23,3	58,4	85,8
TOTAL Macro Nutrient (%)			8,43%	21,13%	70,43%

Tuesday, 09 February 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Otak Otak Ujung Pandang with peanut sauce	128k	463,8	6	30	34
Bakwan Rebon Keto w/ sambal petis	88k	241,33	5,3	15	17
Asam Padeh Tongkol Padang with Eggplant	108k	489,41	5,8	27,6	37,9
TOTAL Macro Nutrient (gr)		1194,54	17,1	72,6	88,9
TOTAL Macro Nutrient (%)			5,87%	24,92%	69,21%

Wednesday, 10 February 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
AYAM BACEM with Sambal	148k	357,1	6	38	19
Shirataki in Carbonara Sauce	68k	260,9	3	13	21
Brokoli Tumis Bawang putih	78k	387,5	12	19	28
TOTAL Macro Nutrient (gr)		1005,5	21	70	68
TOTAL Macro Nutrient (%)			8,56%	28,54%	62,89%

Thursday, 11 February 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Chicken Teriyaki Bento	108K	428,39	4,9	27	32
Pocai Masak Bawang Putih	78K	211,62	1,8	1,5	21,3
Vietnameese Pho	108k	425,35	10	32,5	27
TOTAL Macro Nutrient (gr)		1065,36	16,7	61	80,3
TOTAL Macro Nutrient (%)			6,43%	23,48%	70,10%

Saturday, 13 February 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Bimbimbab (Telur, Sayur, Sapi Yoshinoya)	128k	485,1	10	38	31
Sapo Tahu Jepang	48k	138,1	3	8	10
Cheese Burger Keto	128k	513,19	5,8	33,4	37,9
TOTAL Macro Nutrient (gr)		1136,39	18,8	79,4	78,9
TOTAL Macro Nutrient (%)			6,78%	28,65%	64,57%

Monday, 15 February 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Udang Mayonaise	108k	425,35	10	32,5	27
Soto Mie	118k	400,68	9	23,4	28,8
Tim Kerapu Saus Vietnam	68K	218,8	6	2	20
TOTAL Macro Nutrient (gr)		1044,83	25	57,9	75,8
TOTAL Macro Nutrient (%)			9,81%	22,72%	67,47%

Tuesday, 16 February 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Tom Yum Soup	108K	474,89	4,9	27	37
Sauted Tofu & Kucai	48K	283	4,1	3	27,3
Nasi Ayam Chasiu	108K	370	4	25	27
TOTAL Macro Nutrient (gr)		1127,89	13	55	91,3
TOTAL Macro Nutrient (%)			4,73%	19,99%	75,28%

Wednesday, 17 February 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Singapore Fish Soup	108k	301,25	3	11,5	26
Mie Aceh	98k	312,26	5,1	4,6	29,3
Gyudon Keto	118k	418,25	7	31,5	28
TOTAL Macro Nutrient (gr)		1031,76	15,1	47,6	83,3
TOTAL Macro Nutrient (%)			6,00%	18,92%	75,08%

Thursday, 18 February 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Keto Egg & Bacon Sandwich	108k	393,37	1,3	33,4	27
"Nasi" Goreng Shanghai	78K	236,22	7,8	1,5	21,3
Singaporean Laksa	128K	421,94	7,6	31,8	28
TOTAL Macro Nutrient (gr)		1051,53	16,7	66,7	76,3
TOTAL Macro Nutrient (%)			6,51%	26,01%	67,48%

Friday, 19 February 2021					
MENU	PRICE (IDR)	CALORIES (Kcal)	CARB (gr)	PROTEIN (gr)	FAT (gr)
Salmon Mentai	128k	538,87	7,7	33	40
Soto Mie	98k	400,68	9	23,4	28,8
Coto Makassar	118k	450,18	5,4	30	32,8
TOTAL Macro Nutrient (gr)		1389,73	22,1	86,4	101,6
TOTAL Macro Nutrient (%)			6,52%	25,49%	67,99%