Keto The Aussie Way Meal Planner

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IT'S A LIFESTYLE CHOICE

	BREAKFAST	LUNCH	DINNER
M	Breaky Quiches Carbs 2	Tuna Mornay Carbs 6	Bangers & Cauliflower Mash Carbs 6
T	Chia Pudding and Blueberries Carbs 3	Zucchini Slice and Salad Carbs 5	Pork Low Cal Noodles Carbs 7
W	Smashed Avo, Egg on Toast Carbs 7	Keto Crack slaw Carbs 7	Easy Cheesy Broccoli Soup Carbs 5
T	Granola Mix Carbs 6	Easy Cheesy Broccoli Soup Leftovers Carbs 5	Spaghetti Bolognese Zoodle Carbs 6
F	Bacon wrapped Egg Muffins Carbs 2	Chicken Mediterranean Salad Carbs 7	Stuffed Cabbage Rolls Carbs 9
S	Keto Pancake Carbs 5	Cheese and Meat Platter Carbs 10	Silverside, Cabbage and white sauce Carbs 11
S	Bacon and Eggs Carbs 1	Zucchini Boats Carbs 8	Roast of Choice and Vegies Carbs 12

THIS WEEK'S SNACKS

SHOPPING LIST

NOTES FOR PREP ON SUNDAY