## Keto The Aussie Way Meal Planner



	BREAKFAST	LUNCH	DINNER	
М	tea/coffee black or full cream milk	Salmon and Cream Cheese Roll ups  Carbs 8	Chicken Cordon Bleu Carbs 3	THIS WEEK'S SNACKS
		Caibs o	Caibs 3	
т	tea/coffee black or full cream milk	BLT Wrap	Parmesan Pork Chops	
		Carbs 6	Carbs 5	SHOPPING LIST
W	tea/coffee black or full cream milk	Snack Box	Beef, Bacon and Cheese Casserole	
		Carbs 10	Carbs 6	
т	tea/coffee black or full cream milk	Leftover (Beef, Bacon and Cheese Casserole)	Chicken Parmy	
		Carbs 6	Carbs 8	
_	tea/coffee black or full cream milk	Bacon Chips and Dip	Crumbed Beef	
F				
		Carbs 3	Carbs 3	
	tea/coffee black or full cream milk	Tomato Soup	Fish Pie	
S				
		Carbs 5	Carbs 9	NOTES FOR PREP ON SUNDAY
	tea/coffee black or full cream milk	Bacon Wrapped Asparagus	Slow Cooked Beef with your choice of Steam Veg	
S				
		Carbs 4	Carbs 4 Plus veg	