

Keto The Aussie Way Meal Planner



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IT'S A LIFESTYLE CHOICE

	BREAKFAST	LUNCH	DINNER
M	tea/coffee black or full cream milk	Easy Peasy Cauliflower Soup Carbs 6	Stuffed Chicken Carbs 8
T	tea/coffee black or full cream milk	Easy Peasy Cauliflower Soup Carbs 6	Beef Frittata Carbs 5
W	tea/coffee black or full cream milk	Leftover (Beef Frittata) Carbs 5	Pizza Casserole Carbs 6 not including topping
T	tea/coffee black or full cream milk	Leftover (Pizza Casserole) Carbs 6	Cauliflower Mac Carbs 10
F	tea/coffee black or full cream milk	Leftover (Cauliflower Mac) Carbs 10	Omelet Carbs 1 plus topping
S	tea/coffee black or full cream milk	Your Choice Carbs 6	Garlic and Lemon Chicken Carbs 5
S	tea/coffee black or full cream milk	Leftover (Garlic and Lemon Chicken) Carbs 5	Chinese BBQ Pork Carbs 3

THIS WEEK'S SNACKS

SHOPPING LIST

NOTES FOR PREP ON SUNDAY