Keto The Aussie Way Meal Planner



	BREAKFAST	LUNCH	DINNER	
M	tea/coffee black or full cream milk	Bento Box	Meatless Monday	THIS WEEK'S SNACKS
		Carbs 8	Carbs 10	
	tea/coffee black or full cream milk	Leftover (Meatless Monday)	Taco Tuesday	
Т				
		Carbs 10	Carbs 11	SHOPPING LIST
	tea/coffee black or full cream milk	Zoodles with leftover taco mince	Ribin It Wednesday	
W				
		Carbs 10	Carbs 10	
	tea/coffee black or full cream milk	Leftover (RibinIt Ribs)	Throw Back Thursday Chicken Fried Rice	
Т				
		Carbs 10	Carbs 6	
	tea/coffee black or full cream milk	Crackers and Tuna	Fino's Fishing Friday	
F				
		Carbs 2	Carbs 3	
	tea/coffee black or full cream milk	Weekend Platter	Takeaway Night or Bunless Buger	
S				
		Carbs 6	Carbs ??	NOTES FOR PREP ON SUNDAY
	tea/coffee black or full cream milk	Bacon and Eggs	Gnocchi with Sage Butter	
S				
		Carbs 1	Carbs 4	