

# Keto The Aussie Way Meal Planner



Keto The Aussie Way  
IT'S A LIFESTYLE CHOICE

	BREAKFAST	LUNCH	DINNER
M	tea/coffee black or full cream milk	Caesar Salad  Carbs 6	Chicken Fried Rice  Carbs 6
T	tea/coffee black or full cream milk	Leftover (chicken Fried Rice)  Carbs 6	Parmesan Crusted Pork Chops  Carbs 7
W	tea/coffee black or full cream milk	Ham and Cheese Roll ups  Carbs 5	Cauliflower Risotto in Creamy Pesto Sauce  Carbs 7
T	tea/coffee black or full cream milk	Leftover (Cauliflower Risotto)  Carbs 7	Mega Chicken Nuggets  Carbs 2 Plus side
F	tea/coffee black or full cream milk	Easy Cheesy Zucchini  Carbs 7	Indian Roast Vegetables and Chicken  Carbs 8
S	tea/coffee black or full cream milk	Leftover (Indian Roast)  Carbs 8	Fresh Tuna Salad  Carbs 13
S	tea/coffee black or full cream milk	Sausage and Cheese Omlette  Carbs 7	Tuscan Chicken  Carbs 4

**THIS WEEK'S SNACKS**

**SHOPPING LIST**

**NOTES FOR PREP ON SUNDAY**