

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	Tex Mex Salad Carbs 7	Lamb Kofta with Cauliflower Mash Carbs 6
T	tea/coffee black or full cream milk	Leftover (Lamb Kofta) Carbs 6	Sausage and Cabbage Fry up Carbs 7
W	tea/coffee black or full cream milk	Grilled Italian Chicken Salad Carbs 8	Chicken Pad Thai Carbs 10
T	tea/coffee black or full cream milk	Leftover (Pad Thai) Carbs 10	Burger Bowl Carbs 3
F	tea/coffee black or full cream milk	Weekend Platter Carbs 5	Sheppard's Pie Carbs 6
S	tea/coffee black or full cream milk	Leftover (Shepherd's Pie) Carbs 6	Slow Cooked Pulled Pork Carbs 4
S	tea/coffee black or full cream milk		

THIS WEEK'S SNACKS

SHOPPING LIST

NOTES FOR PREP ON SUNDAY
