Keto The Aussie Way Meal Planner



	BREAKFAST	LUNCH	DINNER	
м	tea/coffee black or full cream milk	Egg Wraps	Butter Chicken and Cauliflower Rice	THIS WEEK'S SNACKS
		Carbs 9	Carbs 10	
т	tea/coffee black or full cream milk	Leftover (Butter Chicken)	Mushroom Risotto	
		Carbs 10	Carbs 10	SHOPPING LIST
	tea/coffee black or full cream milk	Nude Club Sandwich	Steak and Green Veg	
W				
		Carbs 7	Carbs 4	
	tea/coffee black or full cream milk	Rice-less Sushi Rolls	Pesto Zucchini Noodles and Eggs	
Т				
		Carbs 7	Carbs 14	
	tea/coffee black or full cream milk	Leftover (Pesto Zucchini)	Nude Burgers	
F				
		Carbs 14	Carbs 5	
	tea/coffee black or full cream milk	Salami Wraps	Flat Head Pizza	
S				
		Carbs 2	Carbs 7 plus topping	NOTES FOR PREP ON SUNDAY
	tea/coffee black or full cream milk	Leftover (Pizza)	Chicken Bacon Avocado	
S				
		Carbs 14	Carbs 7	