## Keto The Aussie Way Meal Planner



	BREAKFAST	LUNCH	DINNER	
м	tea/coffee black or full cream milk	Ham and Cheese Roll ups	Cauliflower Risotto in Creamy Pesto	THIS WEEK'S SNACKS
		Carbs 5	Carbs 7	
	tea/coffee black or full cream milk	Leftover (Cauliflower Risotto)	Chicken Fried Rice	
Т				
		Carbs 7	Carbs 6	SHOPPING LIST
	tea/coffee black or full cream milk	Leftover (Chicken Rice)	Parmesan Crusted Pork Chops	
W				
		Carbs 6	Carbs 1 plus side	
	tea/coffee black or full cream milk	Tasty Salad	Frittata	
Т				
		Carbs 7	Carbs 4	
	tea/coffee black or full cream milk	Leftover (Frittata)	Zucchini Pizza Boats	
F				
		Carbs 4	Carbs 8	
	tea/coffee black or full cream milk	Open Brunch Stack	Sundried Tomato Rissoles and Potato Salad	
S				
		Carbs 5	Carbs	NOTES FOR PREP ON SUNDAY
	tea/coffee black or full cream milk	Sunday Fry Up	Fish, Chips and Salad	
S				
		Carbs 5	Carbs 6	