

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	Roast Chicken Salad Carbs 4	Pesto Salmon and Zucchini Chips Carbs 7
T	tea/coffee black or full cream milk	Tuna Salad Carbs 4	Chicken Kiev with Slaw Carbs 12
W	tea/coffee black or full cream milk	Leftover (Chicken Kiev with Slaw) Carbs 12	Steak with Choice of Pub Toppers Carbs 0 Plus topper
T	tea/coffee black or full cream milk	Omelet Carbs 1	Beef Stroganoff on Cauliflower Mash Carbs 9
F	tea/coffee black or full cream milk	Leftover (Beef Stroganoff) Carbs 9	Chicken Carbonara Carbs 5
S	tea/coffee black or full cream milk	Leftover (Chicken Carbonara) Carbs 4	Flathead Pizza Carbs 8
S	tea/coffee black or full cream milk	Scromlette Carbs 4	Mexican Chicken Skewers Carbs 8

THIS WEEK'S SNACKS

SHOPPING LIST

NOTES FOR PREP ON SUNDAY