

Keto The Aussie Way Meal Planner



BREAKFAST

LUNCH

DINNER

	BREAKFAST	LUNCH	DINNER
M	tea/coffee black or full cream milk	Broccoli and Chicken Fritters with salad Carbs 4	Cauliflower and Broccoli Bake Carbs 13
T	tea/coffee black or full cream milk	Leftover (Cauliflower and Broccoli Bake) Carbs 13	Moussaka Carbs 13
W	tea/coffee black or full cream milk	Leftover (Moussaka) Carbs 13	Chicken Patties with Noodle salad Carbs 11
T	tea/coffee black or full cream milk	Leftover (Chicken Patties with Noodle salad) Carbs 11	Herb Crusted Lamb Chops Carbs 8
F	tea/coffee black or full cream milk	Caesar Salad Carbs 6	Tortillas with Mince and Salsa Carbs 12
S	tea/coffee black or full cream milk	Leftover (Tortillas with Mince and Salsa) Carbs 12	Chicken Garam Marsala with steamed Cauliflower Rice Carbs 7
S	tea/coffee black or full cream milk	Easy Cheesy Scrambled Eggs with Bacon Carbs 5	Slow Cooked Roast with Creamy Gravy and Roasted Veg Carbs 5

THIS WEEK'S SNACKS

SHOPPING LIST

NOTES FOR PREP ON SUNDAY
