

## Week 10 Shopping List

### **Meat/ Seafood**

4 chicken breasts  
12 boneless chicken thighs  
500 grams beef mince  
1 kg pork neck

### **Fridge**

22 Eggs  
5 tbs butter  
1 ½ cup thickened cream  
180 grams cream cheese  
1 cup cheese  
125 grams gouda cheese  
2/3 cup parmesan cheese  
3 cup mozzarella cheese

### **Fresh Veg/Fruit**

6 clove garlic  
3 tbs parsley  
3 tomato  
1 ½ onion  
4 spring onion  
½ red onion  
2 capsicum  
1 zucchini  
3 cauliflower  
1 lemon

### **Pantry**

6 tbs olive oil  
2 tsp sesame oil  
10 drops red food colouring  
2 tbs Italian seasoning  
2 ½ tsp paprika  
½ tsp cumin  
1 tsp oregano  
¼ tsp onion powder  
2 tsp garlic powder  
½ tsp chili flakes  
1 tsp Chinese five spice powder  
½ cup salsa  
¼ cup low carb sweet soy sauce **SEE NOTES**  
125 grams pizza sauce  
1/3 cup chicken stock  
1 cup veg stock

**PLUS: YOUR CHOICE OF**

**PIZZA TOPPING,  
OMELET FILLING,**

**SIDE FOR LEMON  
CHICKEN,**

**SIDE FOR STUFFED  
CHICKEN**

**AND ONE LUNCH**



Keto The Aussie Way

IT'S A LIFESTYLE CHOICE