

## Week 11 Shopping List

### **Meat/ Seafood**

6 rashers bacon  
600 grams chicken breasts  
2 kg pork ribs  
1 kg beef mince  
4 firm white fish fillets

1 carrot  
1 capsicum  
3 zucchinis  
1 medium eggplant  
1 cauliflower  
1 ½ broccoli  
1 lemon

### **Fridge**

10 Eggs  
5 tbs butter  
¼ cup sour cream  
2 cup cheese  
150 grams parmesan cheese  
1 ½ cups feta cheese  
210 grams ricotta cheese  
140 grams Greek-style yogurt  
60 grams tzatziki  
50 grams kabana  
200 grams twiggy sticks

### **Pantry**

340 ml olive oil  
1 tbs Italian seasoning  
1 tsp oregano  
1 ½ tbs paprika  
1 tsp mustard  
1 tbs tamari sauce  
2 tbs apple cider vinegar  
190 grams macadamia nuts  
1 jar low carb pasta sauce  
1 tbs sweetener  
1 1/3 cup almond meal  
2 tbs coconut flour  
2 tsp xanthan gum  
2 low carb crackers (olina seeded)  
1 small can tuna  
¼ cup veg stock  
4 olives

### **Fresh Veg/Fruit**

10 clove garlic  
¼ cup parsley  
8-10 sage leaves  
3 tomato  
8 large lettuce leaves  
300 grams baby spinach  
1 avocado  
1 ½ onion  
4 celery stalks

**PLUS: TAKEAWAY  
MEAL OR BUNLESS  
BURGER**



Keto The Aussie Way

IT'S A LIFESTYLE CHOICE