

## Week 12 Shopping List

### **Meat/ Seafood**

6 rashers bacon  
3.3 kg chicken breasts  
4 pork chops  
4 sausages

½ carrot  
1/2 capsicum  
4 zucchinis  
3 cauliflower  
4 broccolis  
1 lemon

**AND YOUR CHOICE OF  
side with mega nuggets**

### **Fridge**

11 Eggs  
5 tbs butter  
2 cup thickened cream  
2 cup cheese  
4 slices swiss cheese  
2 ¼ cup parmesan  
cheese  
2/3 cup mascarpone  
cheese  
8 slices leg ham

### **Pantry**

7 tbs olive oil  
1 tsp Italian seasoning  
1 tsp chili flakes  
1 tsp onion powder  
2 ½ tsp garlic powder  
1 tsp paprika  
¼ tsp garam masala  
¼ tsp turmeric powder  
6 tbs kewpie mayo  
1 tbs tamari sauce  
½ cup pesto  
½ tbs tomato paste  
½ cup sun dried tomatoes  
1/4 tsp xanthan gum  
1 Small can tuna in brine  
3- 50gram packets pork  
crackle  
½ cup chicken stock

### **Fresh Veg/Fruit**

2 ½ clove garlic  
2 tsp ginger  
1 tbs parsley  
1 tbs chives  
1 ¼ cup cucumber  
1 ½ cup cherry tomatoes  
1 lettuce  
4 large lettuce leaves  
1 ½ cups mushrooms  
2 avocados  
1 ½ onion  
1 ½ cups spinach  
3 ½ cup green beans



Keto The Aussie Way

IT'S A LIFESTYLE CHOICE