

## Week 1 Shopping List

### **Meat/ Seafood**

8 Rashes Bacon  
150 Grams Chicken Mince  
350 grams Prawns  
½ Chorizo  
100 grams Chicken Breast  
150 grams pork mince  
800 grams Beef mince  
300 grams Chicken  
200 grams Porterhouse steak  
200grams protein choice  
8 Thin Sausages

### **Fridge**

18 Eggs  
200 grams Cheese  
1 tbs Cream Cheese  
5 tbs Sour Cream  
60 grams Greek Yogurt  
50 grams Kabana  
60 grams Tzatziki  
2 cups thickened cream  
4 tbs Butter

### **Fresh Veg/Fruit**

2 tsp Chives  
1 tsp parsley  
2 tbs Dill  
2 tbs Mint leaves

5 clove Garlic  
½ tsp ginger  
1 Cabbage  
3 zucchinis  
Small Cauliflower  
½ Broccoli  
1 carrot  
1 cup celery  
¾ capsicum  
1 cup mushrooms  
Lettuce  
4 baby roma tomatoes  
½ small tomato  
¼ medium onion  
2 bag salad mix  
1½ avocado  
¼ Spinach  
¼ cup cucumber  
3 ½ cups Green Beans  
1 cup Brussel sprouts  
2 spring onions  
17 Blueberries

### **Pantry**

½ tsp Cayenne Pepper  
Paprika  
1 tsp Garlic Powder  
1 tsp Onion Powder  
1 tsp Curry powder  
2 grams Cinnamon powder  
Tamari Sauce  
3 tbs Kewpie Mayo

1 tsp Mustard  
100 grams Almond Meal  
1 tsp Xanthan Gum  
½ tsp baking powder  
220 grams Macadamia nuts  
90 grams Almonds  
90 grams Walnuts  
90 grams Pecans  
50 grams Coconut  
30 grams Flax Seeds  
1 tbs Chia seeds  
2 tsp Sesame seeds  
Chili Flakes  
Salt and pepper  
10 grams Psyllium Husk  
3 tbs Olive Oil  
1 tbs coconut oil  
2 tbs Ghee  
2 cups Chicken Stock  
Konjac Noodles  
4 Olives  
100 ml Almond milk  
Taco seasoning  
1 small can of chili tuna in oil  
2 slices Aldi Bread  
¼ cup Sugar Free Maple Syrup



Keto The Aussie Way

IT'S A LIFESTYLE CHOICE