



## BREAKFAST

### Breakfast Quiches Serves 6 (makes 12, cook night before)

#### Ingredients

3 slices bacon

4 eggs

½ cup red capsicum

½ cup raw mushrooms

1/5 cup shredded cheese

½ cup thickened cream

1 tablespoon coconut oil

#### Method

- Chop Bacon, mushrooms, capsicum, fry in hot pan with coconut oil
- In a separate bowl whisk eggs, cream & cheese
- Once bacon, mushrooms & capsicum are cooked add to bowl with eggs, cream and cheese 4. Transfer to a muffin tin and bake in a moderate heat oven for 30 mins- skewer to check cooked

**(2 muffins are your portion)**

**Carbs:2g**



## LUNCH

### Tuna Moray Serves 4

#### Ingredients

425 g of tuna

2 heads of broccoli

1 whole cauliflower

1 cup of Thickened Cream

150 g of grated cheese

#### METHOD

- Cut up broccoli and cauliflower, I like to blend.
- Add 425g tuna in oil
- Add in 1 cup of cream
- Mix in oven proof dish
- Sprinkle cheese on top
- Cook in oven on 180 degrees to golden brown
- Serve in bowl or on plate

**Carbs:6g**



## DINNER

### Bangers and Mash Serves 1

#### INGREDIENTS

2 sausages per serving (organic Cleaver's Beef Paleo Sausage – (woollies or Coles)

Cauliflower – 1 small head of cauliflower boiled soft

1 tablespoon cream cheese

Salt & pepper to taste

#### METHOD

- Cook Sausages in frypan
- Mix cauliflower and cream cheese in a blender, till nice and smooth to remove lumps.
- Plate up

**Carbs:6g**



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## BREAKFAST

### Chia Pudding with Blueberries Serves 1

## INGREDIENTS

1 Tablespoon Aldi Paleo Mix or Keto Granola

¼ tbs chia seeds

100ml unsweetened almond milk

6 blueberries

## METHOD

- Mix Chia Seeds with almond milk.
- Allow to sit for 20 minutes for Chia Seeds to absorb milk.
- Once absorbed layer your granola or paleo mix and berries.

**Carbs:3g**



## LUNCH

### Zucchini Slice & Salad Serves 6

#### INGREDIENTS

6 eggs – medium

60ml cream

115g cream cheese

1 slice of bacon

1 spring onion stem sliced

4 medium zucchinis diced

100g grated cheese

Salt and pepper to taste

#### METHOD

- Mix eggs and cream together in a bowl
- Soften then cream cheese then add to mix, ok if lumps are still in there as it allows texture
- Add the diced zucchini, bacon and onion
- Line a baking dish and pour mixture in
- Sprinkle grated cheese over the top of dish
- Cook in oven for around 20 minutes or until golden 180c
- Serve hot or cold with salad or veggies

**Carbs:5g not including salad**



## DINNER

### ASIAN Pork Low Cal Noodles Serves 2

#### INGREDIENTS

##### Marinade

¼ Cup minced onions

1 packet of Changs super low-calorie noodles (traditional)

2 tablespoons oil (virgin olive)

1 tablespoon of Liquid Stevia

2 tablespoons tamari sauce

1 tablespoon fish sauce

1 tablespoon minced lemongrass paste (woollies) herb section

½ teaspoon pepper

455g of thinly sliced pork shoulder

1 cup shredded carrot

1 cup cucumber thinly sliced

##### For Finishing

¼ cup crushed roasted peanuts

2 tablespoons chopped coriander

#### METHOD

- In a bowl mix together Stevia, soy sauce, oil, lemongrass, pepper, garlic and fish sauce. (can blitz in a stick blender)
- Thinly slice pork shoulder, or you can use pork belly into cubes, pieces or slices – depending on what cut you are using.
- Add the pork to the marinade and let it rest and soak up the juices for around 30 minutes or up to 6 hours. (completely up to you)
- Drain noodles in hot water, once drained add to a saucepan and cover in boiled water to soak
- Remove the pork from the marinade and place in single layer in either an air fryer or oven
- Cook the pork for 20 minutes on 180 in oven or air fryer turn over halfway through at 10 mins or leave longer if you prefer crispy (can use pork belly)
- Once pork is cooked to your liking, drain noodles thoroughly. In a bowl add your noodles, carrot and cucumber on the side, add pork pieces on side or on top
- Garnish with chopped peanuts and fresh coriander

Note. You can cook off remainder of marinade to use as extra pouring sauce



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**Carbs:7g**

## BREAKFAST

### Smashed Avo and Egg on Aldi Toast Serves 1

## INGREDIENTS

½ Avocado mashed

2 eggs (poached, or fried, or scrambled)

2 pieces of Aldi toast or (you can google keto bread if you are not close to an Aldi store)

**Carbs:7g**



## LUNCH

### Keto Crack slaw Serves 4

#### INGREDIENTS

- 500G minced beef, chicken or turkey
- 4 Cloves of garlic minced
- 2 tbsps. sesame seed oil
- 6 -7 cups of coleslaw mix (woollies or Coles)
- 1-2 tbsp tamari sauce
- 2 tsp of white vinegar
- ½ tsp of stevia
- ½ salt and ½ pepper
- 1 tsp toasted sesame seeds
- 2-3 tbsp. spring onions chopped

#### METHOD

- In a large frypan. Cook off the ground beef until cooked, drain and return to the stove.
- Push beef to side of frypan and add sesame seed oil in the space. Add garlic and fry for 2-3 minutes then mix all together.
- Add in coleslaw mix, soy sauce, and sprinkle with stevia then salt and pepper.
- Fry for another 5 minutes until cabbage is wilted, then plate and sprinkle with toasted sesame seed and shallots

**Carbs:7g**





## DINNER

### Easy Cheesy Broccoli Soup Serves 8

#### INGREDIENTS

4 cups of broccoli cut small

4 tsp of garlic mince

3.5 cups of chicken broth

1 cup of heavy cream

3 cups of grated cheese (save ½ cup to sprinkle at the end)

#### METHOD

- Over medium heat, sauté garlic for 1 minute
- Add chicken broth, cream and broccoli to the fry pan, increase the heat to bring to a boil then decrease the heat and allow to simmer for 10 – 20 minutes
- Add grated cheese stirring constantly and continue to stir until grated cheese is melted
- Add then add ½ cup cheese and simmer until melted, then repeat process again – make sure pan is on low temperature so that it doesn't burn.
- Remove from heat once all cheese is melted
- 1 cup per serve

**Carbs:5g**



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## BREAKFAST

### Keto Granola with Greek Yoghurt and Berries Serves 1

#### Granola mix (serves 10)

220g macadamia nuts

90g Almonds

50g Coconut

80g Walnuts

90g Pecans

30g Flax seeds

10g Psyllium Husk

2 g cinnamon Powder

#### To Finish

60g Greek yoghurt

6 Blueberries

## METHOD

- Blitz or pulse Granola ingredients in food processor and mix together. Still allow nuts to be a little chunky, store in airtight container.
- Add together ½ cup of granola mix, 60g of Greek yoghurt and 6 berries.
- And ENJOY

If don't want to make granola mix from scratch, use paleo mix from Aldi for about \$6



**Carbs:6g**

## LUNCH

### Easy Cheesy Broccoli Soup

USE LEFTOVERS FROM THE NIGHT BEFORE

## DINNER

### KETO BOLOGNESE WITH ZOODLES Serves 4

## INGREDIENTS

½ kg of beef mince (\* you can use pork if you prefer)

1 medium stalk of celery

1 tablespoon of onion

1 tablespoon of oregano

2 tablespoon of olive oil

1 clove of garlic

1 tablespoon of tomato Paste

1/3 cup canned diced tomato

1 cup of water

1 tablespoon of paprika

6 cups of zoodles

(around 3 medium sized zucchinis)

## METHOD

- Finely Dice Onion, Celery and Garlic.
- Heat olive oil in a pot, add garlic, onion and celery - sauté until softened.
- Add mincemeat and cook until browned.
- Add herbs, spices, tomato paste, diced tomatoes and water.
- Cook for 1 hour on slow or until cooked to your liking.
- Serve with zoodles.



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**Carbs:6g**

## BREAKFAST

### BACON WRAPPED EGG MUFFINS Serves 1

#### INGREDIENTS

2 rashers of bacon

2 eggs

1 tsp Chives

25 grams of grated cheese

Salt and pepper

#### METHOD

- Preheat the oven 180 degrees
- Spray muffin tin with virgin oil spray
- Place bacon into muffin tin
- Crack an egg in each muffin tin, season with salt, pepper and a dash of chives.
- Sprinkle grated cheese and cook to your liking in oven

**Carbs:2g**

Week 2



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## LUNCH

### MEDITERANEAN CHICKEN SALAD SERVES 1

#### INGREDIENTS

- 2 Cups of Baby Spinach Leaves
- 200 grams of sliced chicken breast
- 1 tbsp of Olive Oil
- 1 tsp of Oregano Dried
- 1/2 tsp of Garlic Powder
- ½ tsp of Onion Powder
- ¼ cup of sliced red capsicum
- 4 Black Olives
- 25g of Feta Cheese
- 3 Thin Slices of Red Onion

#### METHOD

- Marinate your chicken breast with herbs and spices and salt and pepper
- Spray some olive oil spray in your pan and grill your chicken breast
- In the same pan add Sliced Red Peppers and grill until browned

#### Week 2



- Assemble your salad and dress with Olive oil and Vinegar

**Carbs:7g**

## DINNER

### STUFFED CABBAGE ROLLS serves 6

#### INGREDIENTS

1/4 cup Beef Broth (stock)

450 gm beef ground, extra lean

1 medium green cabbage

1 ½ cup cauliflower

2 medium eggs

1 tsp Garlic salt (to taste)

220g pork ground mince, extra lean

¼ tsp of salt to taste

#### Sauce

1 crushed tomato can

1 tsp Garlic salt

3 tbsp Heavy whipping cream

#### METHOD

- Preheat oven to 350 degrees
- Fill a pot of water so it can boil.
- Slice the bottom stem off the cabbage and cut the head in half. Blanch the 2 halves of cabbage in boiling water, until the cabbage leaves easily come apart
- Mix the beef and pork together
- Cut cauliflower in smaller pieces and blend in processor or mixer until it is the size of rice
- Mix the rice and meat together, with 2 eggs, garlic salt and then mash together
- Place 2 tbsp of mixture in cabbage leaf and roll it up
- Pour some beef broth salt and pepper into roasting pot. Place the lid on top and cook in 350 degrees for 1 hour. (if you make more then you leave longer to cook)



## SAUCE

Mix tomatoes, cream and garlic salt together for the sauce.

Heat when ready in frypan, then plate/dish up when cabbage rolls are ready

**Carbs:9g**

## BREAKFAST

### KETO PANCAKES SERVES 2

## INGREDIENTS:

2 eggs large, separated

60 ml heavy whipping cream

pinch sea salt

50 g almond flour finely ground

½ tsp baking powder gluten free

5 g unsalted butter

### (for topping of pancakes)

¼ cup Sugar Free Maple Syrup

¼ cup thickened Cream

5 Blueberries

## METHOD

- In a large mixing bowl, combine the egg yolks, whipping cream
- In a small mixing bowl, combine almond flour with baking powder; whisk it into the creamy egg mixture until uniform in appearance.



- Using an electric mixer; beat the egg whites in a separate bowl until soft peaks form. Fold the egg whites into the batter.
- Melt butter in a large non-stick frying pan over medium heat, then wipe with a paper towel to evenly distribute the butter for cooking. Spoon in the batter to make your pancakes; use about 2 tablespoons (30ml) per pancake.
- Cook for 3 minutes, or until lightly browned, and then gently flip each pancake and cook for an additional 2 minutes on the other side. Take care not to agitate the pancake before it's ready to flip or disaster will ensue.

**Carbs:5g**

## LUNCH

### Meat and Cheese Platter serves 1

#### INGREDIENTS

70 Grams of Cheese

50 G kabana

2 Small Eggs

1 Cup Celery Sticks

4 Olives

60 G Dip (Tzatziki or Use alternative)

50G Salami

40g Cucumber

Place all ingredients on a plate and enjoy





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**Carbs10:g**

## DINNER

### Silverside, Cabbage and White Sauce serves 1

#### INGREDIENTS

200g sliced thin Silverside (serves 1)

1 cup cabbage

#### White sauce

60 ml Cream and

80g Grated cheese

Salt and pepper to taste

#### METHOD

- Rinse silverside block under cool water, cook in slow cooker or pressure cooker. I cook mine in pressure cooker for 45 minutes cover silverside with water and add ¼ cup of vinegar
- While silverside is cooking, cut up cabbage, boil over stove top until soft

**Week 2**



- White sauce consists of cream and grated cheese, I place cream in frypan or saucepan and bring to boil, which doesn't take long then add in grated cheese until melted. Then remove to the side off the heat
- Once silverside is cooked, I take out of pressure cooker, cover in alfoil leave rest for about 10 minutes before cutting, then dish up on plate. Add cabbage and then pour sauce over the top, can reheat sauce for a few minutes before serving

**Carbs:11g**

## BREAKFAST

### Bacon and Eggs serves 1

#### INGREDIENTS

3 Rashers of Bacon

2 eggs (either poached, fried or scrambled)

Cook all ingredients to your liking.

**Carbs:1g**

## LUNCH

### Zucchini Boats serves 1

#### INGREDIENTS

1 large zucchini

50 grams of tasty cheese

1 tablespoon of tomato paste

**Week 2**



40 grams of peperoni

1 tsp Italian herbs to taste

## METHOD

- Scoop out flesh of the zucchini
- Spread with tomato paste and season with salt pepper and Italian herbs (or oregano)
- Add peperoni and top with cheese.
- Place in hot oven 180 degrees for about 15 – 20 minutes until cooked and browned.

**Carbs:8g**

## DINNER

### Roast and Veggies serves 1

## Ingredients

1 whole chicken – Your portion of this is 200 Grams ONLY

1/2 cup Pumpkin- Cook more for the rest of the family but this is your portion

1 Cup Zucchini – Cook more for the rest of the family but this is your portion

25 grams of feta

Fresh rosemary

½ tsp Oregano

1 Lemon

½ tsp Garlic Powder

½ tsp Onion Powder

Salt and Pepper to taste

1 tbs Olive Oil

## Method

- Preheat the oven to 180 degrees
- Prepare your chicken. Coat with Olive oil and season with salt, pepper, oregano, garlic powder, onion powder.
- Stuff cavity of chicken with fresh rosemary
- Cut 1 whole lemon into quarters and add into cavity and seal

## Week 2



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- Cook until cooked through
- Add Pumpkin halfway through the cooking process
- Sauté zucchini in olive oil or butter until cooked to your liking
- Serve zucchini topped with some crumbled fetta

**Carbs:12g**