

## Week 2 Shopping List

### **Meat/ Seafood**

9 Rashes Bacon  
1.45 kg Beef mince  
2 Thin Sausages  
455 grams Pork Shoulder  
220 grams Pork mince  
BBQ Chicken

### **Fridge**

22 Eggs  
960 grams Cheese  
20 grams Cream Cheese  
60 grams Greek Yogurt  
50 grams Kabana  
50 grams Salami  
200 grams Silverside  
40 grams Peperoni  
60 grams Tzatziki  
960 ml thickened cream  
1 tbs Butter  
50 grams feta cheese

### **Fresh Veg/Fruit**

1 tsp Chives  
½ tsp Oregano  
1 tbs Lemongrass  
2 tbs Coriander  
3 clove Garlic  
1 Cabbage  
9 zucchinis  
3 Cauliflower  
4 Broccoli  
1 carrot  
3 stalk celery

¾ capsicum  
½ cup mushrooms  
½ Cup Pumpkin  
½ medium onion  
½ avocado  
2 cups baby Spinach  
1½ cup cucumber  
3 spring onions  
1/8 red onion  
11 Blueberries  
1 lemon

### **Pantry**

1 tsp Italian Seasoning  
1 tsp Oregano Dried  
1 tbs Paprika  
1 tsp Garlic Powder  
1 tsp Onion Powder  
2 tsp Garlic salt  
2 tbs Tamari Sauce  
1 tbs Fish Sauce  
2 tbs Tomato paste  
2 tbs white vinegar  
1 tsp Mustard  
3 ½ cups chicken stock  
¼ cup beef stock  
1 tbs Coconut oil  
6 tbs olive oil  
2 tbs Sesame oil  
50 grams Almond Meal  
1/2tsp baking powder  
¼ cup Peanuts

2 tbs sesame seed  
1 tbs Chia seeds  
100 ml Almond milk  
425-gram tuna  
1 small can of tuna in oil  
8 olives  
1 canned diced tomato  
2 slices Aldi Bread  
¼ cup Sugar Free Maple Syrup  
2 tbs Liquid Stevia



Keto The Aussie Way

IT'S A LIFESTYLE CHOICE