



LUNCH

Tex Mex (turkey) Salad 2 Servings -

Ingredients

- 200 turkey mince
- ½ tablespoon chili powder
- ½ teaspoon ground cumin
- ½ teaspoon garlic powder
- 1 cup coz/iceberg lettuce roughly chopped
- 1 cup cherry tomatoes halved
- 1/2 medium ripe avocado diced
- ½ cup loosely packed coriander
- ½ cup shredded tasty cheese
- ¼ cup thinly sliced spring onions
- 1 teaspoon olive oil

Method

- In a large, non-stick pan, heat the 1 teaspoon olive oil over medium high. Add the turkey, chili powder, cumin, garlic powder, 1/2 teaspoon salt and 1/4 teaspoon pepper. Break up the meat and stir with a spoon until it is cooked through, about 5 minutes.
- Place the romaine in a large serving bowl. Top with 1/4 cup of the salsa-yogurt mixture, tomatoes, avocado, coriander, cheese, and green onions. Toss lightly to combine.
- Top salad with turkey mince and serve.

Carbs:7g



DINNER

Lamb Kofta with Cauliflower Mash (Make Extra for Lunch the Next day) Serves 4

Ingredients

500g lamb mince	¼ teaspoon ground ginger
½ small brown onion, chopped	1 teaspoons ground cumin
2 garlic cloves, crushed	½ teaspoon ground coriander
½ teaspoon Chili Flakes (optional)	½ head of cauliflower or approx. 250g cauliflower florets
½ tablespoon chopped fresh mint leaves	1 tablespoon butter
½ tablespoon chopped fresh flat-leaf parsley leaves	2 tablespoons thicken cream
1 teaspoon mild paprika	

Method

Lamb Koftas

- Place mince, onion, garlic, chili flakes, mint, parsley, paprika, ginger, cumin and coriander in a bowl. Mix to combine.
- Shape ¼ cup lamb mixture at a time into eight, 8cm-long sausages. Thread 1 sausage onto each skewer. Place on a large baking tray. Cover. Refrigerate for 20 minutes or until firm.
- Heat an oiled pan/ flat grill on medium heat. Add koftas. Reduce heat to low. Cook, turning occasionally, for 10 minutes or until cooked through.

Cauliflower Mash

- Steam cauliflower until tender
- Use stick blender and blitz until smooth
- Add a tablespoon of butter and 1-2 tablespoons of thickened cream
- Blitz again until well combined.
- Salt and pepper to taste

Serve cauliflower mash on plate with kofta sticks. (Serving size is 2 kofta sticks per person)

Carbs:5g



LUNCH

LEFTOVERS FROM LAST NIGHT – LAMB KOFTA AND CAULIFLOWER MASH

DINNER

Pesto Chicken with Cauliflower Rice (If feeding a family of 4 or more make extra for leftovers the following day) Serves 4

Ingredients

¼ cup basil pesto

¼ cup keto mayo

½ red onion (diced)

Salt and pepper to taste

500g chicken thigh (boiled)

4 rashers bacon

2 cups Cauliflower rice

Method

- Boil diced chicken in water until fully cooked
- Fry off bacon
- Mix basil pesto, mayo and diced red onion in a bowl
- Add cooked chicken and bacon and leave sit for 5 mins.
- If using fresh cauliflower, grate until you have approx. 2 cups of cauliflower.
- Sauté cauliflower in olive oil until just tender
- Season with salt and pepper
- Serve pesto chicken over cauliflower rice.

Carbs:6g

LUNCH – PESTO CHICKEN W/CAULIFLOWER RICE



LEFTOVERS FROM THE NIGHT BEFORE

DINNER

Sausage and Cabbage Fry Up Serves 4

Ingredients

500g beef sausages
2 cups green cabbage shredded
4 bacon rashers
1 onion diced
1 clove garlic
Salt and pepper to taste

Method

- Boil sausages in water until cooked then drain and slice to bite size pieces
- Heat oil in pan and add sausages
- Dice up bacon rashers and add to sausages
- Add onion and garlic
- Cook until cabbage is tender
- Salt and pepper to taste and serve.

Carbs:7g



LUNCH

Grilled Italian Chicken Salad SERVES 2

Ingredients

200g chicken breast

1 teaspoon Italian seasoning

½ teaspoon garlic powder

1 teaspoon olive oil

1 cup cherry tomatoes

½ cup diced cucumber

½ cup diced green capsicum

1 cup spinach leaves

¼ cup diced red onion

1 tablespoon crumbled feta cheese

½ lemon (if desired)

Method

- Cut chicken into strips and place in a bowl
- Add Italian herbs, garlic powder and olive oil. Mix to coat chicken well.
- Heat pan with ½ tablespoon of olive oil and cook chicken until done.
- Mix tomatoes, cucumber, capsicum, spinach leaves, red onion and feta.
- Add salad mix to bowl and top with cooked chicken.
- Squeeze over lemon juice and serve.

Carbs:8g



DINNER

Chicken Pad Thai (Make extra for leftovers the following day)

Serves 4

Ingredients

500g chicken breast	1 egg
3 tablespoons tamarind paste	1 cups mung bean sprout, divided in half
¼ cup of water	½ cup toasted peanuts, chopped
2 tablespoons fish sauce	400g Konjac Noodles
½ smallish-medium brown onion, thinly sliced	Lime wedges
2 cloves garlic, minced	

Method

1. Pad Thai sauce - heat a small pan on medium low and add the tamarind concentrate, water, fish sauce, and garlic and remove from heat.
2. Prepare noodles as per packet.
3. In a wok or frying pan, heat 2 tablespoons of oil on high heat. Add the chicken and cook for a couple minutes. Remove the chicken and transfer to a plate or bowl.
4. Return the pan to heat and add a tablespoon of oil. Allow the oil to heat up and add the onions and stir-fry for one minute then add the garlic and cook for another minute, making sure to stir often enough so the garlic does not burn.
5. Add the noodles to the pan. Stir fry the noodles for two minutes.
6. Add pad Thai sauce continually stirring the noodles until they are coated with sauce.
7. Add the chicken back in and fry for an additional 2-3 minutes.
8. Move the pad Thai over to one side of the pan and then crack an egg over it empty side. Scramble the egg with a wooden spoon and cook for 30 seconds.
9. Add half the sprouts. Mix and stir-fry everything for 1 more minute, frying everything together.



10. Remove pad Thai from heat and serve with toasted peanuts and a wedge of lime. Enjoy!

Carbs:10g

LUNCH - PAD THAI LEFTOVERS FROM NIGHT BEFORE

DINNER

Burger Bowl Serves 4

Ingredients

- 4 hamburger patties (100% beef)
- 1 cup Grated cheese
- 1/2 cup cherry tomatoes
- 1/2 cup cucumber
- 1/2 cup diced capsicum
- 2 cups cos lettuce
- 2 tablespoons Jalapenos – diced
- 1/2 avocado

Method

- Cook burger patties on medium heat until cooked
- Chop up salad ingredients and cheese, place in a bowl
- Top with diced hamburger Pattie and enjoy

Carbs:3g



LUNCH

Weekend platter Serves 4

Ingredients

200g Twiggy sticks

200g Tasty cheese

1 cup Celery sticks

1 cup Carrot ticks

10 tablespoons grated Parmesan cheese (for parmesan crackers)

Method

Parmesan crackers

- Measure 1 tablespoon of grated parmesan cheese and place on baking paper
- Spread cheese to approx. the size of a 50c piece and bake in oven on 180c for approx. 5 mins until lightly brown.
- Remove from oven and allow to cool and harden.

Platter

- Dice up twiggy sticks, cheese, carrots and celery
- Add parmesan crackers to platter

Carbs:5g



DINNER

Sheppard's Pie (Make extra for following days lunch) Serves 6

Ingredients

Meat filling:

500 beef mince

1 leek

1 cup beef broth

1 cup grated carrot

1 cup grated zucchini

Mash topping:

½ cauliflower

1 tablespoon butter

2 tablespoons thickened cream

Method

- Slice leek and fry in a pan (deep enough to hold all main ingredients)
- Add mince and break up with wooden spoon. Cook for a few minutes until leek is tender and mince has browned.
- Add carrot and zucchini. Cook until they start to get tender.
- Add stock and cook for another 15 mins.
- Cauliflower Mash 5. Steam cauliflower until tender
- Use stick blender and blitz until smooth
- Add a tablespoon of butter and 1-2 tablespoons of thickened cream
- Blitz again until well combined.
- Salt and pepper to taste. Spray baking dish with olive oil
- Add beef mixture to dish
- Top with cauliflower mash
- Bake at 180c for 20 mins or until top has slightly browned.



Carbs:6g

LUNCH – LEFTOVERS FROM LAST NIGHTS DINNER

DINNER

Slow Cooked Pulled Pork Serves 8

Ingredients

1 teaspoon olive oil	1 tablespoon prepared yellow mustard
2kg pork shoulder roast	1 tablespoon Worcestershire sauce
1/2 cup apple cider vinegar	1 tablespoon chili powder
1/2 cup chicken stock	1 large onion, chopped
2 tablespoons Paprika	2 cloves garlic, crushed
1 tablespoon Onion powder	1 1/2 teaspoons dried thyme
1/8 cup Erythritol (sweetener)	

- Pour the oil into the bottom of a slow cooker. Place the pork roast into the slow cooker; pour in the apple cider vinegar, and chicken broth. Stir in the yellow mustard, Worcestershire sauce, chili powder, onion, garlic, paprika, onion powder, erythritol and thyme. Cover and cook on High until the roast shreds easily with a fork, 5 to 6 hours.
- Remove the roast from the slow cooker, and shred the meat using two forks. Return the shredded pork to the slow cooker and stir the meat into the juices.

Serve with salad or vegetables of your choice from your remaining macros



Keto The Aussie Way

IT'S A LIFESTYLE CHOICE

Carbs:4g

Week 3