

## Week 3 Shopping List

### **Meat/ Seafood**

4 Rashes Bacon  
200 grams Turkey Mince  
500 grams lamb mince  
500 grams chicken thighs  
500 grams sausages  
700 grams chicken breast  
4 hamburger patties  
500 grams beef mince  
2 kg pork shoulder

### **Fridge**

1 egg  
650 grams cheese  
2 tbs butter  
4 tbs thickened cream  
1 tbs feta cheese  
200 grams twiggy sticks  
10 tbs parmesan cheese

### **Fresh Veg/Fruit**

3 cup lettuce  
2 1/2 cup cherry tomatoes  
1 cup cucumber  
1 cup green capsicum  
1 cup spinach  
1 avocado  
1 spring onion  
1 1/2 onion  
3/4 red onion  
2 cauliflower

1 leek  
1 cabbage  
1 cup mung beans  
1 cup celery  
2 cup carrot  
1 cup zucchini  
1/2 cup coriander  
1/2 tbs mint leaves  
1/2 tbs parsley  
7 gloves garlic  
1/2 lemon  
1 lime  
2 tbs jalapenos

### **Pantry**

3 1/2 tsp chili powder  
1/2 tsp chili flakes  
1 1/2 tsp dried thyme  
1 1/2 tsp ground cumin  
1 1/2 tsp garlic powder  
1 tbs onion powder  
4 tsp paprika  
1/4 tsp ground ginger  
1 tsp Italian seasoning  
2 tsp olive oil  
1/4 cup basil Pesto  
1/4 cup kewpie mayo  
3 tbs tamarind paste  
2 tbs fish sauce

1/2 cup peanuts  
400-gram Konjac Noodles  
1 cup Beef stock  
1/8 cup sweetener  
1/2 cup Apple cider vinegar  
1 tbs mustard  
1 tbs Worcestershire sauce



Keto The Aussie Way

IT'S A LIFESTYLE CHOICE