



## Lunch

### Egg Wraps - Serves 1

#### INGREDIENTS

2 Eggs

2 TSP Butter

4 TBS Cream Cheese

1 Cup Baby Spinach

60g Sliced Cucumber

4 Slices of Quality Deli Ham (approx. 60g)

#### METHOD

- To make the egg wrap, beat one egg in a bowl, heat 1 TSP Butter in a small omelet pan, add the beaten egg and swirl the egg continuously until cooked through. Remove cooked egg wrap and repeat with second egg.
- Prepare the two egg wraps by dividing the fillings by half and make the wraps.
- The egg wraps can be made before hand and last up to 2-3 days in the fridge.
- You can fill the wraps with your desired fillings that fit into your macros.

**Carbs:9 g**



## Dinner

### Butter Chicken and Cauliflower Rice –Serves 4

#### INGREDIENTS

##### Butter Chicken

2 TBS Butter  
100g Spring Onions Chopped (Whites Only)  
2 TSP Minced Garlic  
10g Ginger (Freshly grated or minced)  
1 Red Chili Chopped (Remove seeds depending on heat tolerance)  
2 TSP Sweet Paprika  
2 TSP Ground Coriander  
2 TSP Ground Cumin  
1 TSP Turmeric Powder  
1 TSP Cinnamon Powder

1 Tin Diced Tomatoes Blitzed Up to Make a Puree (Check the tin for sugar content)

250G Cream

1/2 cup chicken stock

Salt to Taste

40g Almond Meal

1 TSP Garam Masala

800g Chicken Breast Diced

##### Cauliflower Rice

Allow about 130-150g per person

#### METHOD

- In a large saucepan, add the butter, sauté onion, garlic, ginger and chili.
- Add the spices apart from Garam Masala.
- Add the diced chicken and mix well until chicken is coated in spices.
- Add chicken stock, tomato puree, salt, cream and almond meal, bring to the slight boil, reduce heat and simmer covered for 15 minutes
- Add Garam Masala. Mix well.
- Serve with Cauliflower Rice

**Carbs:10g**



## Lunch

Left over Butter Chicken from previous night's dinner

## Dinner

### Mushroom Risotto (Cauli-Otto) Serves 4

#### INGREDIENTS

50g Parmesan Cheese (Grated)	10g Fresh Parsley Chopped (Approx. ¼ Cup)
50g Mozzarella (Grated)	20g Olive Oil
750g Cauliflower cut or ripped into chunks	350g Mushrooms Sliced
2 Eggs (beaten)	150g Baby Spinach
150g Celery Finely Diced (Approx. 2 Stalks)	250ml Cream
100g Spring Onion Diced (White and Green)	1 TBS Veg Stock Powder (Massel)
1 TSP Minced Garlic	

#### METHOD

- In a large saucepan, heat the oil, add garlic, spring onions, celery and parsley.
- Add mushrooms and cook for approx. 3 – 5 minutes. Add cream and stock and reduce heat
- Add cauliflower and spinach and simmer on low until the cauliflower is soft, but not too soft!!
- Add cheeses and mix well
- Add beaten egg and stir in well and quickly ensuring egg doesn't scramble

**Carbs:10g**



## Lunch:

### Nude Club Sandwich Serves 1 (2 Sandwiches)

#### INGREDIENTS

- 2 Slices Quality Ham
- 2 Slices Swiss Cheese
- 1 Boiled Egg Sliced
- 1 Small Tomato Sliced
- 30g Bacon (Cooked)
- 1 TBS Mayo
- 1 TSP Dijon
- Either 4 Iceberg Lettuce Leaves or 4 Coz Lettuce Leaves for the sandwich outer

#### METHOD

- Place sandwich fillings on the lettuce leaves.
- Mix the mayo and Dijon together
- Top with second lettuce leaf to make a "sandwich"
- Depending size of lettuce leaves you can make the sandwich into a wrap

**Carbs:7g**



## Dinner

### Steak and Green Veg – Serves 1

#### INGREDIENTS

200g Steak of Choice (I prefer Scotch Fillet)

1 Bunch Broccolini

1 Bunch Asparagus

#### METHOD

- I usually cook everything on our Weber Q. Char Grill the Steak and Veg at the same time. Any BBQ will be fine. If you are using a flat plate, ensure you add some Olive Oil to the veg.
- Extra option: You can add a fried egg to your steak.
- I like to add Jalapeños and a bit of Dijon Mustard. In the macros I allowed for 1 x Fried Egg, 1 TBS Dijon and 6 x Jalapeños.

**Carbs:4g**



## Lunch:

### Rice-less Sushi Rolls - 1 Serve

#### INGREDIENTS

2 Nori Sheets

2 TSP Butter

2 Eggs

120g Smoked Salmon or protein of choice  
(Tuna, Chicken, Prawns etc.)

1 Small Avocado Peeled and Pitted

2 Teaspoons Fresh Lemon Juice

90g Peeled Cucumber Cut into thin sticks

2 TBS Mayo

2 TSP Sesame Seeds

#### METHOD

Heat the butter in a medium frypan. Whisk the eggs together and cook in the butter. Swirl around the frypan until cooked. Remove and let cool. Once cooled, fold in half to create a half moon, open and cut along the fold. Once in half, repeat until you half quarter size.

- Now cut the Nori Sheets in half diagonally.
- Add the egg, salmon (protein), cucumber, avocado, lemon juice, mayo and sesame seeds. Fold from one bottom corner to another.
- You can wet the edges of the seaweed to help seal.
- Nori gets soft quick so you may want to make these just before you eat if you prefer crunchy rolls.

**Carbs:7g**



## Dinner:

### Pesto Zucchini Noodles and Eggs- Serves 2

#### INGREDIENTS

##### Pesto Sauce

2 Cups Baby Spinach

2 TSP Garlic Minced

30ML Lemon or Lime Juice

60ML Olive Oil

¼ Cup Sunflower Seeds (Can use Pine nuts)

15G Basil Leaves

Salt and Pepper to taste

(Blitz all ingredients for the pesto sauce)

##### Zucchini Noodles and Eggs

4 Zucchini's (Spiralized into noodles or use a peeler to make fat noodles)

1 TBS Butter

4 Eggs either Fried or Poached

#### METHOD

- (Noodle Recipe) Add the butter to a medium frypan and heat.
- Add the Zucchini Noodles and cook for 2-3 minutes.
- Add half the pesto sauce and stir through.
- Top with the eggs
- Can use remaining Pesto to cover or keep in the fridge for 2-3 days.

**Carbs:14g**

Week 4



## Lunch

### Left over Pesto Zucchini Noodles and Eggs

## DINNER

### NUDE BURGERS SERVES 4

#### INGREDIENTS

500G Beef Mince – this will make 4 beef patties – adjust as required per no of people you are cooking for.

1 x tablespoon of olive oil (optional)

1 teaspoon of onion powder

1 teaspoon of garlic powder

Salt & pepper – ½ teaspoon of each

1 egg

4 slice of Bacon

4 egg fried (optional)

4 large lettuce leaf

1 x medium tomato

4 Slice of cheese

#### Garlic Aioli:

1 tablespoon of egg or kewpie mayonnaise,

1 teaspoon of garlic powder

#### METHOD

- In a bowl, combine mince, dry ingredients and egg. Mix well
- Once mixed separate into patties, and cook in olive oil over medium heat
- Cook bacon and egg
- Assembly: Wash and dry lettuce leaves, add your burger patty into the lettuce, add 1 piece of sliced cheese, add sliced tomato (1 slice per burger) add bacon and egg and top with a dollop of garlic aioli

**Carbs:5g**





## Lunch:

### Salami Wraps –Serves 2

#### INGREDIENTS

150g Sliced Salami

2 Tablespoons Spreadable Cream Cheese

½ cup of Baby Spinach

4 x Cherry Tomatoes

#### METHOD

- Lay the sliced salami out on a bench or chopping board
- Spread the salami with cream cheese
- Add a few leaves of baby spinach and some sliced cherry tomatoes
- Roll up and enjoy!!
- This is a great lunch for on the go
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**Carbs:2g**



## Dinner:

### Fat Head Pizza -

**Serves 2 – OR IF FEEDING MORE THAN ONE, ADJUST INGREDIENTS TO HAVE ENOUGH FOR LUNCH TOMORROW INGREDIENTS**

#### Fat Head Dough

1 Egg

85 grams Almond Flour

Pinch of Salt

2 Tablespoons Cream Cheese

170 grams Mozzarella Cheese

Pizza toppings of choice

#### METHOD

- Preheat oven to 200 degrees
- In a heat proof bowl, place the mozzarella cheese and cream cheese and microwave for 2-3 minutes stirring occasionally until it's all melted.
- Quickly add the dry ingredients to the cheese mixture and then the eggs and combine with a wooden spoon. Then use hands to knead the dough until completely combined.
- Separate the dough into preferred pizza sizes. You should get 4 pizzas big enough for one person to eat a pizza.
- To roll the dough it, place it in between two pieces of baking paper until you get desired thickness.
- Bake for 5-7 minutes, then flip and bake for a further 5 minutes.
- Top with your favorite keto toppings and of course more cheese

**14 grams net carb (7grams is the base, another 7 has been allowed for your choice of topping, you will need to track this)**



## LUNCH

**Left over Fat Head Pizza - 7 grams net carb**

## Dinner

### **Chicken Bacon Avocado – 2 Serves**

#### **INGREDIENTS**

2 Chicken Breasts (Approx. 200g each)

4 Slices Streaky/Middle Bacon

1 Avocado Halved and Sliced

2 Cups Baby Spinach

#### **Creamy Garlic Sauce**

1 teaspoon minced garlic

2 Teaspoons butter

1 cup cream

½ cup grated cheese

Cook garlic off in butter, once cooked add cream and cheese, stir until combined.

#### **METHOD**

- I like to cook the chicken and bacon on our Weber Q for that chargrill flavor but can cook inside in a fry pan or outside on a BBQ
- Cook the chicken and bacon until cooked
- Place the baby spinach in the middle of the plate
- Put the chicken then the bacon on top of the spinach and top with sliced Avocado



Keto The Aussie Way

IT'S A LIFESTYLE CHOICE

- Serve with the creamy garlic sauce or mayo or any keto friendly sauce of your choice

**Carbs:7g**