

Week 4 Shopping List

Meat/ Seafood

10 Rashes Bacon
800 grams chicken breast
200 grams steak
500 grams beef mince
2 chicken breasts

Fridge

17 eggs
9 tbs butter
6 tbs cream cheese
50 grams parmesan cheese
220 grams mozzarella
2 slices swiss cheese
100grams cheese
700 grams thickened cream
6 slice leg ham
120 grams smoked salmon
150 grams salami

Fresh Veg/Fruit

10 grams ginger
1 red chili
3 clove garlic
10 grams parsley
10 basil leaves
3 ½ cup baby spinach
8 large lettuce leaves
1 cauliflower
2 small tomato

4 cherry tomatoes
150 grams cucumber
200 grams spring onions
150 grams celery
350 grams mushrooms
500 grams baby spinach
1 bunch broccolini
1 bunch asparagus
4 zucchinis
2 avocado
4 tsp lemon juice

Pantry

6 tbs olive oil
2 tsp paprika
2 tsp ground coriander
2 tsp ground cumin
1 tsp turmeric
1 tsp onion powder
1 tsp garlic powder
2 tsp cinnamon powder
1 tsp garam masala
2 tsp sesame seeds
¼ sunflower seeds
1 can diced tomatoes
½ cup chicken stock
1 tbs veg stock powder(massel)
125 grams Almond meal
4 tbs kewpie mayo

1 tsp Dijon
2 nori sheets

Plus your choice of
topping for pizza



Keto The Aussie Way

IT'S A LIFESTYLE CHOICE