

Week 5 Shopping List

Meat/ Seafood

15 rashers bacon
200 grams chicken breast
4 pork chops
700 grams beef mince
4 white flesh fish fillets

Fridge

24 eggs
3 tbs butter
¾ cup parmesan cheese
1 cup mozzarella
40 grams cheese
4 slices swiss cheese
1/2 cup feta cheese
320 grams haloumi cheese
1/3 cup mascarpone cheese
3/4 cup thickened cream
60 grams sour cream
8 slices leg ham

Fresh Veg/Fruit

4 clove garlic
½ cup parsley
1 tbs basil
9 cup baby spinach
4 large lettuce leaves
2 1/2 cauliflower
3 broccolis
2 small roma tomato
2 cups cherry tomatoes

1 3/4 cup cucumber

2 capsicums

3 spring onions

1 ½ onion

1 ¼ cup red onion

¼ cup carrot

1 ½ cup mushrooms

4 zucchinis

1/2 avocado

½ tsp lemon zest

Pantry

5 tbs olive oil
2 tsp dried dill
1 tsp chili flakes
1/4 tsp garlic powder
1 tsp sesame seeds
1 tbs pumpkin seeds
¼ cup Almond meal
1 tbs coconut flour
1/8 tsp baking powder
30 grams kewpie mayo
¼ basil pesto
2 tbs sundried tomato pesto
2 tbs tomato paste
1 tbs Tamari sauce
½ cup pork crackle



Keto The Aussie Way

IT'S A LIFESTYLE CHOICE