

Week 6 Shopping List

Meat/ Seafood

4 rashers bacon
1.7 kg chicken breast
2 Salmon fillets
2 steaks
600 grams blade steak

Fridge

9 eggs
100 grams butter
1½ cup parmesan cheese
180 grams mozzarella
490 grams cheese
2 tbs cream cheese
525 ml thickened cream
120 grams sour cream
220 grams roast chicken

Fresh Veg/Fruit

4 clove garlic
½ cup parsley
1 tsp chives
1 large packet Dry Slaw mix
2 ½ cup baby spinach
1 large lettuce leaves
1 cauliflower
1 broccoli
2 small tomato
5 cherry tomatoes
½ cup cucumber
2 capsicum

1 eggplant
1 onion
1 red onion
440 grams mushrooms
1 zucchini
1/4 avocado
2 tbs lemon juice

**PLUS: YOUR CHOICE
OF PUB TOPPER**

Pantry

2 tbs coconut oil
1 tsp chili powder
1 tsp horseradish
1 tsp cumin
1 tsp oregano
3 tsp paprika
1½ tsp onion powder
2½ tsp garlic powder
3 cup Almond meal
1 tsp Xanthium gum
1 tbs kewpie mayo
¼ cup pesto
1 tsp Dijon
1 Beef stock cube
50 grams tomato paste
1 bottle low carb pasta sauce
2 tbs apple cider vinegar
2 Packets Slender Fettuccine Noodles
1 small can tuna



Keto The Aussie Way

IT'S A LIFESTYLE CHOICE