

Week 7 Shopping List

Meat/ Seafood

525 grams bacon
1.65 kg chicken breast
1.35 kgs chicken mince
650 grams beef mince
8 lamb chops
1 kg pork shoulder

Fridge

16 eggs
3 tsp butter
½ cup parmesan cheese
1.5 kg cheese
400 grams cream cheese
525 ml thickened cream
250 ml sour cream

Fresh Veg/Fruit

6 ½ cloves garlic
3 tbs ginger
1 tbs lemongrass
5 tbs chives
¾ cup coriander leaves
2 tsp parsley
1 tsp rosemary
3 broccolis'
1 cauliflower
450 grams eggplant
Brussel sprouts (for side)
1 ½ onion
4 spring onions
1 carrot

1 cucumber
2 cup cherry tomatoes
1 ½ tomatoes
1 capsicum
2 lettuce
4 cups baby spinach
7 avocados
1 cup mushrooms
2 lime

Pantry

6 ½ tbs olive oil
1 tbs coconut oil
2 tsp garlic powder
1 ½ tsp cinnamon
3 ½ tsp paprika
1 ½ tsp oregano
1 tsp garlic salt
1 tsp cumin
1 tsp ground coriander
1 tsp ground cardamom
1 tsp turmeric
1 tsp chili powder
1 tsp ground ginger
2 tsp thyme
2 Pinch nutmeg
1 bay leaf
5 black peppercorns
1 packet taco seasoning
1/2 cup almond meal

10 grams coconut flour
6 grams psyllium husk powder
175 ml passata
2 tbs sweet chili sauce
1 tbs fish sauce
1 tbs seeded mustard
330 ml coconut cream
4 tbs kewpie mayo
2 packets changs lo cal noodles



Keto The Aussie Way

IT'S A LIFESTYLE CHOICE