



LUNCH

SALMON & CREAM CHEESE ROLL-UPS SERVES 1

Spread ¼ cup of cream cheese onto 150 grams of thinly sliced smoked salmon to create hand-held roll-ups.

Drizzle with lemon juice and olive oil,

6 cucumber slices, 5 cherry tomatoes, diced

Carbs:8 g

DINNER

CHICKEN CORDON BLEU SERVES 4

INGREDIENTS

4 boneless chicken breasts, sliced in half
1 cup of almond meal
sprinkle of salt and pepper
1 tablespoon of Italian seasoning
2 eggs, whisked
8 slices of ham
4 slices of Swiss cheese, cut in half (total of 8)

4 tablespoons of butter, cut in 4 For the sauce
1 1/2 tablespoons of butter
2 tablespoons of almond meal
3/4 cup of heavy cream
1/4 cup water
2 teaspoons of Dijon mustard (store bought)
3 tablespoons of Parmesan cheese

METHOD

- Preheat oven to 180.
- In a large bowl add in almond flour, salt, pepper, and Italian seasoning mix together.
- Take a chicken half, then layer on a slice of ham and cheese halves to the center of the chicken. Roll it so the ham and cheese are in the center and secure with 3 toothpicks.
- Carefully dip it into the egg mixture
- Gently coat the rolled chicken in the almond mixture, set to the side and repeat until all 3 have been coated.
- Add all rolled chicken to a well-greased oven safe pan and dab with a slice of butter to each chicken. Bake for 30-35 minutes or until chicken is cooked through.
- Tip: For a nice golden color, gently brown the rolled chicken on a skillet with olive oil for 2 minutes on each side.



To make the sauce:

In a small pan over medium heat, melt butter. Whisk in the almond flour, cook for a minute, then slowly add in the heavy cream and water. Once it is beginning to thicken, add in Dijon mustard, Parmesan cheese, and any remaining cream. Continue to gently whisk until thickened, about 3 minutes. Turn off heat and drizzle sauce over cooked chicken.

Serve with either a light salad or vegetables of your choice. (add it to your macros)

Carbs: 3 g

LUNCH

BLT WRAP SERVES 1

INGREDIENTS

4 slices bacon, cooked and chopped

1/2 medium tomato, diced

1 tbsp mayonnaise (keto friendly)

3 large iceberg lettuce leaves

fresh cracked pepper

1/2 avocado optional

METHOD

- Carefully remove 2 large outer leaves of a head of lettuce. If you rip or tear one, just save it for the 3rd leaf. Finely slice the 3rd leaf and set aside.
- Dice tomato and set aside in a bowl.
- Combine diced tomato with mayonnaise and fresh black pepper.
- Place lettuce cups on a plate, top with shredded lettuce. Add tomato then bacon and roll it like a wrap
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Carbs: 6 g



DINNER

PARMESAN PORK CHOPS SERVES 4

INGREDIENTS

4 pork chops

1/2 medium onion sliced

2 garlic cloves crushed

2 tablespoons olive oil

1 cup heavy whipping cream

30 grams cream cheese

1/3 cup chicken broth

1/3 cup parmesan cheese

1/2 cup cheddar cheese

1 tablespoon Italian seasoning

1/2 teaspoon pepper

salt to taste

METHOD

- Brown pork chops, onion, and garlic cloves in 2 tablespoons olive oil in a large pan on medium/high (around 3-5 minutes each side).
- Remove pork chops from the pan.
- Add the rest of the ingredients and cook on medium until sauce thickens. Make sure to use a whisk and stir continuously.
- Add pork chops back to sauce mixture and simmer on low for 5 minutes or until done. Add cauliflower mash.

Carbs: 5 g



LUNCH

SNACK BOX SERVES 1

70 Grams of Cheese

50 Grams cabana

2 Small Boiled Eggs

2 Celery Sticks

60 G Dip (Tzatziki or Use alternative)

Carbs:10 g

DINNER

BEEF, BACON AND CHEESE CASSEROLE SERVES 6

INGREDIENTS

1 onion quartered and sliced

1 clove garlic crushed

750g mince beef

60g cream cheese full fat

3 slices of bacon diced

Salt and pepper to taste

Cheats Cheese Sauce

3 eggs

125ml cream

100g grated cheese

2 tbsp mustard of choice as long as low carb

2 pickles sliced

Salt and pepper to taste

50g grated cheese to sprinkle over the top

METHOD

• Fry the bacon pieces until cooked then remove and set aside. • Fry the onion, garlic and beef until thoroughly cooked. Add salt and pepper to taste and stir through the cream cheese. • Pour the beef layer into the baking dish. Sprinkle the bacon pieces over.

Cheese Sauce • Mix the eggs, cream, shredded/grated cheese, mustard, salt and pepper together. Pour the cheese sauce over the beef and bacon. • Place slices of gherkins/pickles all over the top then cover with the remaining shredded/grated cheese. • Bake at 180C/350F for



15 minutes until the cheese is golden and crispy. Serve with salad and 1-minute mayonnaise.
Serve on a bed steamed cabbage or finely sliced lettuce

Carbs: 6 g

LUNCH LEFTOVERS BEEF, BACON AND CHEESE CASSEROLE

DINNER

CHICKEN PARMY SERVES 4

INGREDIENTS

600 grams boneless skinless chicken breasts	1 roasted capsicum, chopped
1 tablespoon Italian seasoning	425 grams crushed tomatoes, OR tomato puree (Passata)
1 teaspoon paprika	2 tablespoons tomato paste, garlic and herb flavored if possible
1/2 teaspoon onion powder	Pinch crushed red pepper flakes OPTIONAL
Salt and pepper, to season	3/4 cup shredded mozzarella
1 tablespoon olive oil	1 tablespoon freshly chopped parsley, to garnish
1 onion, chopped	
4 cloves garlic, minced	

METHOD

- Mix all the seasoning together.
- Season chicken with 2 teaspoons of Italian seasoning, paprika, onion powder, salt and pepper.
- Heat oil in a pan over medium heat. Cook chicken on both sides until browned and cooked through (around 8 minutes each side). Transfer to a plate; set aside.
- Cook the onion in the same pan until transparent (around 3-4 minutes) scraping any browned bits from the bottom of the pan, then add in the garlic and cook until fragrant (around 1 minute). Add the roasted capsicum, crushed tomatoes, tomato paste, crushed red pepper flakes (if including) and remaining Italian seasoning. Give it a good stir to mix well.
- Bring to a simmer and allow the sauce to thicken while stirring occasionally (around 4 minutes). pre heat the Grill on medium heat.



- The chicken in the sauce and top each breast with 2-3 tablespoons of mozzarella cheese per breast. Transfer to the oven to broil for 1-2 minutes, or until the cheese is browned and bubbling. Garnish with parsley and serve.

Carbs: 8 g

LUNCH

BACON CHIPS AND DIP SERVES 1

Cut 2 rashers of bacon into large pieces, bake until crisp.

Serve Bacon chips, guacamole, 2 hard-boiled eggs and 30grams cheese

Calories: 459g | N\ Carbs: 7 g | Protein:27g | Fats:35g

DINNER

CRUMBED BEEF SERVES 4

INGREDIENTS

4 beef schnitzel

2 eggs

100 g almond meal

2 tbsp parmesan grated

1 handful chopped parsley

1/2 tsp lemon zest

butter for frying

METHOD

- In a small bowl, beat eggs with a fork until fully combined. In a second small bowl, mix the almond meal, herbs, lemon zest and parmesan.
- Heat the frying pan on a low/medium heat and add butter so the almond herb crust doesn't stick and to give the crust a lovely buttery flavor.
- Dip one piece of schnitzel at a time into the egg mixture to ensure both sides are covered. Lift to allow the excess egg mixture to drain, then place each side in the almond mixture so that it is fully coated.



- Place gently into the frying pan, adding more butter as they cook and absorb the butter from the pan.
- Cook until golden on both sides. Generally, this only takes about 2-3 minutes each side.
- Serve with Salad or steamed vegetables.

Carbs: 3g

LUNCH

TOMATO SOUP SERVES 6

INGREDIENTS

3 tbsp olive oil
1 medium onion, diced
2 garlic cloves, crushed
2 cans crushed tomatoes (800 g)
2 cups Chicken stock
1/2 cup heavy cream
2 cups shredded cheddar cheese or Parmesan cheese
sea salt and pepper, to taste

METHOD

Heat the oil in a large soup pot or Dutch oven over medium high heat. Add the onion and garlic to the hot oil and cook until soft, about 5 minutes. • Add the crushed tomatoes, broth, and heavy cream and bring to a boil. • Add the grated cheese to the soup a little at a time until it's fully melted into the soup. Use an immersion blender or transfer to a blender and blend until smooth. • Season with salt and pepper to taste. Serve immediately, or store refrigerated for up to 5 days.

Carbs: 5 g



DINNER

FISH PIE SERVES 6

INGREDIENTS

For the filling

onion chopped

2 garlic cloves chopped

1 cup (250ml) dry white wine (or chicken stock)

1 cup thickened cream

3 medium zucchinis grated

grated lemon zest from 1 unwaxed lemon

handful of fresh parsley and chives chopped

800 g hake and/or cod fillets

For the cauliflower mash

1 large Cauliflower

3 tbsp melted butter

1/2 cup soured cream or cream cheese

125g grated cheddar

1 tbsp chopped chives

grated nutmeg (optional)

salt to taste

METHOD

- Preheat oven to 180
- Cut the cauliflower into florets and steam or boil until soft. Drain well!!!!
- Add the butter, soured cream, cheddar, chives, some freshly grated nutmeg and salt and mash or whizz in a food processor until smooth
- In a separate frying pan, fry the onions and garlic in olive oil until soft, around 3 minutes.
- Add the white wine and reduce by half.
- Add the zucchini, cream, lemon zest and herbs and simmer for 5 minutes.
- Season with salt.
- Put the fish fillets in a casserole dish and pour over the sauce.
- Spread the cauliflower mash on top and run a fork over the top to make lines.
- Bake for 40 minutes or until the top is browned



- Sprinkle with some fresh parsley and serve

Carbs: 9 g

BRUNCH

BACON WRAPPED ASPARAGUS SERVES 2

INGREDIENTS

4 large eggs

24 asparagus spears of fresh or jar

12 slices streaky bacon

METHOD

- Pre-heat your oven to 180.
- Trim your asparagus. Then wrap two asparagus with one slice of bacon. Hold your spears firmly and close together with one hand as you wind the slice of bacon starting from the bottom, to the top of the spear. Gently pull the bacon as you wind it, so it wraps tightly. Place it on a sheet pan.
- Repeat with the remaining asparagus.
- Place in the oven, set the timer for 20 minutes.
- Gently place 4 large eggs into a pot of water. once the water has started to boil reduce the heat and cook for 3-4 mins.
- once the eggs are ready. Drain the boiling water and run the eggs under cold water for approximately 30-60 seconds. Let them sit for 2 minutes in the cold water before peeling the tops off.
- Gently crack the top of the egg on a hard surface and peel away shell to reveal the tip of the egg.
- When the asparagus are ready, serve on a tray or cutting board.
- With a small spoon scoop out the tops of the soft-boiled eggs to reveal a perfectly runny yolk.
- Dip your asparagus spears into your eggs.



Carbs: 4 g

DINNER

SLOW COOKED BEEF SERVED WITH YOUR CHOICE OF STEAMED VEGETABLES SERVES 4

INGREDIENTS:

1 kilo of chuck steak

1 sliced onion

1/4 cup sugar free BBQ Sauce

1/4 cup sugar free Tomato Sauce

1 cup of beef stock or (1 tsp beef stock powder and 1 cup of water)

1 tsp garlic powder

METHOD

- Brown the chuck steak
- Add to a slow cooker 1 sliced onion.
- Then place the chuck steak on top
- Mix all the other ingredients into a slurry and pour over the beef.
- Turn the slow cooker on either cook on low for 8-10 hours or high for 4-5 hours.
- Just before the beef is finished steam the vegetables or cauliflower mash.
- Plate up and enjoy.

Carbs: 4 g Not including vegetables



Keto The Aussie Way

IT'S A LIFESTYLE CHOICE