

## Week 8 Shopping List

### **Meat/ Seafood**

21 rashers bacon  
1.2 kgs chicken breasts  
4 pork chops  
750 grams beef mince  
4 beef schnitzel steaks  
800 grams Hake or cod  
1 kg chuck steak

### **Fridge**

15 Eggs  
7 tbs butter  
3 ¾ cup thickened cream  
½ cup sour cream  
1 cup cream cheese  
4 ½ cup cheese  
4 slices swiss cheese  
12 tbs parmesan cheese  
¾ cup mozzarella cheese  
150 grams smoked salmon  
60 grams tzatziki  
8 slices leg ham  
50 grams cabana

### **Fresh Veg/Fruit**

9 clove garlic  
6 tbs parsley  
2 tbs chives  
½ cucumber  
5 cherry tomatoes  
1 tomato

3 large lettuce leaves  
1 avocado  
5 ½ onion  
2 celery stalks  
1 capsicum  
3 zucchinis  
1 cauliflower  
24 spears asparagus  
Lemon

### **Pantry**

4 tbs olive oil  
3 tbs Italian seasoning  
1 tsp paprika  
½ tsp onion powder  
1 tsp garlic powder  
Pinch chili flakes  
Pinch nutmeg  
4 tsp Dijon  
1 tbs kewpie mayo  
2 ¼ cup almond meal  
3 1/3 cup chicken stock  
1 cup beef stock  
800 grams can crushed tomatoes  
425 grams passata  
2 tbs tomato paste  
¼ cup sugar free bbq sauce  
¼ sugar free tomato sauce  
2 pickles



Keto The Aussie Way

IT'S A LIFESTYLE CHOICE