



## FAVOURITES WEEK

### LUNCH

### SNACK BOX- SERVES 1

70 Grams of Cheese

50 G kabana

2 Small Eggs with Mayo and Paprika

1 Cup Celery Sticks

4 Olives

60 G Dip (Tzatziki or Use alternative)

**Carbs:10g**



## DINNER

### SWEDISH MEATBALLS WITH CAULIFLOWER MASH – SERVES 2-3

#### INGREDIENTS

150g pork mince

150 g lean beef mince

40 g grated zucchini

1 egg

1/2 tsp salt

2tbsp butter

80ml chicken stock

1 teaspoon on mustard

60ml cream

1 cup cauliflower mash

#### METHOD

- Crumble mince into a large bowl
- Using a medium grater, shred zucchini until you have about 1 packed cup full (don't dry or remove water)
- Add grated zucchini to the bowl along with egg, seasoning, and salt
- Mix with hands until just combined
- Melt butter in a large heavy bottomed or cast-iron skillet
- Roll meat into 18 equal sized balls and place in skillet
- Cook for about 3-5 minutes then flip and cook another 3-5 minutes until lightly browned
- Whisk together broth, mustard, and cream
- Pour into skillet with meatballs and bring to a hard simmer for 5-10 minutes until meatballs are cooked through and the sauce has thickened slightly



Recipe Notes 1. Use an ice cream scooper to make measuring out equal sized meatballs easy and so that meatballs will cook evenly 2. Only mix meat until everything is just combined. Overworking the meat will cause your

**Carbs:9-12 g**

## LUNCH

### MEDITERANEAN CHICKEN SALAD-SERVES 1

#### INGREDIENTS

- 2 Cups of Baby Spinach Leaves
- 200 grams of sliced chicken breast
- 1 tbsp of Olive Oil
- 1 tsp of Oregano Dried
- 1/2 tsp of Garlic Powder
- 1/2 tsp of onion Powder
- ¼ cup of sliced red capsicum
- 4 Black Olives
- 25g of Feta Cheese
- 3 Thin Slices of Red Onion

#### METHOD

- Marinate your chicken breast with herbs and spices and salt and pepper
- Spray some olive oil spray in your pan and grill your chicken breast
- In the same pan add Sliced Red Peppers and grill until browned
- Assemble your salad and dress with Olive oil and Vinegar



**Carbs: 6 g**

## DINNER

### ASIAN PORK LOW CAL NOODLES-SERVES 3

#### INGREDIENTS

##### Marinade

¼ Cup minced onions

1 packet of Changs super lo cal noodles (traditional)

2 tablespoons oil (virgin olive)

1 tablespoon of Splenda or liquid stevia

2 teaspoons Tamari

1 tablespoon fish sauce

1 tablespoon minced lemongrass paste (woollies) herb section

½ teaspoon pepper

500g of pork belly

1 cup shredded carrot

1 cup cucumber thinly sliced

##### For Finishing

¼ cup crushed roasted peanuts

2 tablespoons chopped coriander

#### METHOD

- In a bowl mix together Splenda, soy sauce, oil, lemongrass, pepper, garlic and fish sauce. (can blitz in a stick blender)
- Thinly slice pork shoulder, or you can use pork belly into cubes, pieces or slices – depending on what cut you are using.
- Add the pork to the marinade and let it rest and soak up the juices for around 30 minutes or up to 6 hours. (completely up to you)
- Drain noodles in hot water, once drained add to a saucepan and cover in boiled water to soak
- Remove the pork from the marinade and place in single layer in either an air fryer or oven
- Cook the pork for 20 minutes on 180 in oven or air fryer turn over halfway through at 10 mins or leave longer if you prefer crispy (can use pork belly)
- Once pork is cooked to your liking, drain noodles thoroughly
- In a bowl add your noodles, carrot and cucumber on the side, add pork pieces on side or on top
- Garnish with chopped peanuts and fresh coriander

Note, You can cook off remainder of marinade to use as extra pouring sauce



**Carbs: 7 g**

## **LUNCH**

### **NUDE CLUB SANDWICH-SERVES 1 (2 SANDWICHES)**

#### **INGREDIENTS**

2 Slices Quality Ham

2 Slices Swiss Cheese

1 Boiled Egg Sliced

1 Small Tomato Sliced

30g Bacon (Cooked)

1 TBS Mayo

1 TSP Dijon

Either 4 Iceberg Lettuce Leaves or 4 Coz Lettuce Leaves for the sandwich outer

#### **METHOD**

Place sandwich fillings on the lettuce leaves. 2. Mix the mayo and Dijon together 3. Top with second lettuce leaf to make a "sandwich" 4. Depending size of lettuce leaves you can make the sandwich into a wrap

**Carbs: 6 g**



## DINNER

### SHEPPARD'S PIE (MAKE EXTRA FOR FOLLOWING DAYS LUNCH) SERVES

4

## INGREDIENTS

### Meat filling

500 beef mince

1 leek

1 cup beef stock

1 cup grated carrot

1 cup grated zucchini

### Mash topping:

½ cauliflower

1 tablespoon butter

2 tablespoons thickened cream

## METHOD

- Slice leek and fry in a pan (deep enough to hold all main ingredients)
- Add mince and break up with wooden spoon. Cook for a few minutes until leek is tender and mince has browned.
- Add carrot and zucchini. Cook until they start to get tender.
- Add stock and cook for another 15 mins.

### Cauliflower Mash

- Steam cauliflower until tender
- Use stick blender and blitz until smooth
- Add a tablespoon of butter and 1-2 tablespoons of thickened cream
- Blitz again until well combined.
- Salt and pepper to taste
- Spray baking dish with olive oil
- Add beef mixture to dish
- Top with cauliflower mash
- Bake at 180c for 20 mins or until top has slightly browned.



**Carbs:9g**

## LUNCH

### KETO FAJITA BOWLS- SERVES 2

#### INGREDIENTS

- 200 g protein (chicken or beef)
- 1 tsp master foods taco seasoning
- ¼ Avocado
- 1/3 cup cheese
- 2 tbsp red capsicum diced
- 2 cups salad mix
- 2 tbsp sour cream

#### METHOD

- Cut up beef or chicken into strips and add 1 teaspoon of taco seasoning to a bowl
- Coat the beef or chicken
- In a non-stick pan (or if you do not have, add 1 teaspoon of oil or butter) fry the beef and / or chicken until cooked
- While your protein is cooking prepare the other ingredients listed above
- Combine all together in one bowl with 1 tbsp of sour cream to finish

**Carbs: 5 g**

**Week 9**



## DINNER

### BEEF, BACON AND CHEESE CASSEROLE SERVER 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

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

#### Cheats Cheese Sauce

3 eggs

#### 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

**IT'S YOUR CHOICE, POST TO THE PAGE WHAT YOU DECIDED TO HAVE**

## DINNER

### **BANGERS AND MASH- 1 SERVE**

## INGREDIENTS

2 sausages per serving (organic Cleaver's Beef Paleo Sausage – (woollies or Coles)

Cauliflower – 1 small head of cauliflower boiled soft

1 tablespoon cream cheese

Salt & pepper to taste

## METHOD

- Cook Sausages in frypan
- Mix cauliflower and cream cheese in a blender till nice and smooth to remove lumps
- Plate up

**Week 9**



**Carbs: 6 g**

## LUNCH

### KETO PANCAKES-SERVES 2

#### INGREDIENTS

2 eggs large, separated

60 ml heavy whipping cream

pinch sea salt

50 g almond flour finely ground

½ tsp baking powder gluten free

5 g unsalted butter

#### Topping for pancakes

¼ cup Sugar Free Maple Syrup

¼ cup thickened Cream

5 Blueberries

#### METHOD

- In a large mixing bowl, combine the egg yolks, whipping cream
- In a small mixing bowl, combine almond flour with baking powder; whisk it into the creamy egg mixture until uniform in appearance.
- Using an electric mixer; beat the egg whites in a separate bowl until soft peaks form. Fold the egg whites into the batter.
- Melt butter in a large non-stick frying pan over medium heat, then wipe with a paper towel to evenly distribute the butter for cooking. Spoon in the batter to make your pancakes; use about 2 tablespoons (30ml) per pancake.



- Cook for 3 minutes, or until lightly browned, and then gently flip each pancake and cook for an additional 2 minutes on the other side. Take care not to agitate the pancake before it's ready to flip or disaster will ensue.

**Carbs:5g**

## **DINNER**

### **FAT HEAD PIZZA – CARBS WILL VARY DEPENDING ON YOUR BASE- YOU WILL NEED TO ENTER THIS INFORMATION INTO YOUR TRACKER 4 SERVES**

#### **INGREDIENTS**

##### **Fat Head Dough**

2 Eggs

1 1/2 Cup Almond Meal

2 TSP Baking Powder

1/4 Cup Coconut Flour

Pinch of Salt

120G Cream Cheese

4 1/2 Cups Mozzarella Cheese

##### **Pizza toppings of choice**

#### **METHOD**

- Preheat oven to 200 degrees
- In a bowl combine the almond flour, coconut flour and baking powder and set aside
- In a heat proof bowl, place the mozzarella cheese and cream cheese and microwave for 2-3 minutes stirring occasionally until it's all melted.



- Quickly add the dry ingredients to the cheese mixture and then the eggs and combine with a wooden spoon. Then use hands to knead the dough until completely combined.
- Separate the dough into preferred pizza sizes. You should get 4 pizzas big enough for one person to eat a pizza.
- To roll the dough it, place it in between two pieces of baking paper until you get desired thickness.
- Bake for 5-7 minutes, then flip and bake for a further 5 minutes.
- Top with your favorite keto toppings and of course more cheese

**Carbs:8g**

## LUNCH

### MEAT AND CHEESE PLATTER-SERVES 1

#### INGREDIENTS

70 Grams of Cheese

50 G kabana

2 Small Eggs

1 Cup Celery Sticks

4 Olives

60 G Dip (Tzatziki or Use alternative

50G Salami

40g Cucumber

**Carbs: 10 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**