

Week 9 Shopping List

Meat/ Seafood

5 rashers bacon
200 grams chicken breasts
4 pork chops
2 sausages
650 grams beef mince
150 grams pork mince
500 grams pork belly

Fridge

13 Eggs
3 tbs butter
2 cup thickened cream
2 tbs sour cream
170 grams cream cheese
3 ¼ cup cheese
2 slices swiss cheese
1/3 cup parmesan cheese
4 ½ cup mozzarella cheese
25 grams feta cheese
120 grams tzatziki
2 slices leg ham
200 grams sliced chicken breast
100 grams Kabana
50 grams salami

Fresh Veg/Fruit

3 clove garlic
2 tbs coriander
1 tbs lemongrass

1 cucumber
1 tomato
2 cups mixed lettuce leaves
4 large lettuce leaves
2 cups baby spinach
¼ avocado
2 onion
¼ red onion
1 leek
4 celery stalks
2 carrot
½ capsicum
2 zucchinis
2 cauliflower
5 blueberries

Pantry

4 tbs olive oil
1 tbs Italian seasoning
1 tsp oregano
1 tsp taco seasoning
1 tsp garlic powder
¼ cup peanuts
2 tbs kewpie mayo
4 tsp mustard
2 tsp tamari sauce
1 tbs fish sauce

2 cup almond meal
¼ cup coconut flour
2 ½ tsp baking powder
¼ cup sugar free maple syrup
2/3 cup chicken stock
1 cup beef stock
1 packet changes noodles
2 pickles
8 olives

PLUS: PIZZA TOPPING CHOICE

AND YOUR CHOICE OF LUNCH



Keto The Aussie Way

IT'S A LIFESTYLE CHOICE