

# Keto The Aussie Way Meal Planner



**Keto The Aussie Way**  
IT'S A LIFESTYLE CHOICE

	BREAKFAST	LUNCH	DINNER
M	tea/coffee black or full cream milk	Snack Box  Carbs 10	Swedish Meatballs with Cauliflower Mash  Carbs 9-12
T	tea/coffee black or full cream milk	Mediterranean Chicken Salad  Carbs 6	Asian Pork Noodles  Carbs 7
W	tea/coffee black or full cream milk	Nude Club Sandwich  Carbs 6	Sheppard's Pie  Carbs 9
T	tea/coffee black or full cream milk	Fajita Bowl  Carbs 5	Beef, Bacon and Cheese Casserole  Carbs 6
F	tea/coffee black or full cream milk	Your Choice  Carbs ??	Bangers and Mash  Carbs 6
S	tea/coffee black or full cream milk	Pancakes  Carbs 5	Flathead Pizza  Carbs 8
S	tea/coffee black or full cream milk	Meat and Cheese Platter  Carbs 10	Parmesan Pork Chops  Carbs 5

## THIS WEEK'S SNACKS

## SHOPPING LIST

## NOTES FOR PREP ON SUNDAY