

# Keto The Aussie Way Meal Planner



	BREAKFAST	LUNCH	DINNER
<b>M</b>	Bacon Wrapped Eggs Muffins Carbs 2	Chicken Patties With Dill/Mint and Sour Cream Carbs 7	Singapore Noodles with Prawns Carbs 12
<b>T</b>	Granola with Yogurt and Blueberries Carbs 6	Snack Box Carbs 11	Chorizo and Prawn Medley Carbs 6
<b>W</b>	Breakfast Quiches Carbs 2	Chicken Cups Carbs 1	Swedish Meatballs with Cauliflower Mash Carbs 7
<b>T</b>	Chia Pudding and Berries Carbs 4	Chili Tuna Salad Carbs 4	Fajita Bowls Carbs 5
<b>F</b>	Smashed Avocado and Egg Carbs 7	Chicken Schnitzel with Coleslaw Carbs 11	Porterhouse Steak with Gallic Sautéed Beans Carbs 7
<b>S</b>	Bacon and Scramble eggs Carbs 2	Korean Sticky Beef Cups Carbs 4	Grilled Protein of Choice Carbs 9
<b>S</b>	Pancakes Carbs 5	Bunless Burgers Carbs 11	Curried Sausages Carbs 8

## THIS WEEK'S SNACKS


## SHOPPING LIST


## NOTES FOR PREP ON SUNDAY
