### Week 10

#### Breakfast

- **Monday**: Frozen Cereal and Yoghurt Discs (p. 138)
- **Tuesday**: Oat and Almond Porridge (p. 12)
- **Wednesday**: Scrambled Pita Pockets (p. 117)
- **Thursday**: Scotch and Cheddar Bakes (p. 110)
- **Friday**: Individual Toast Puddings (p. 134)
- **Saturday**: Pouched Eggs with Vegetables and Pesto Parmesan Yoghurt (p. 150)

#### Lunch

- **Monday**: Tuna, tomato and lettuce Roll-ups (p. 206)
- **Tuesday**: Cauliflower Mash
- **Wednesday**: Cacciatore with 20 g raw almonds
- **Thursday**: Slow-cooker Chicken with Cauliflower Mash (p. 233)
- **Friday**: Baked Thai Pork and Brussel Sprouts (p. 235)
- **Saturday**: Tandoori Salmon with Carrot and Rice (p. 263)
- **Sunday**: Roast Vegetable Pizzas (p. 242)

#### Dinner

- **Monday**: Turkey salad: 100 g ground turkey + 20 g low-fat cheese + 1 tsp cranberry sauce (no added sugar) + 1 tsp salad leaves + 40 g mixed nuts and seeds
- **Tuesday**: Corned Beef Salad with Mountain Bread (p. 190)
- **Wednesday**: Chicken, pesto and avocado grill: 1 x slice Newman’s Low Carb bread + 1 tbsp basil pesto + 50 g chicken breast + 1/2 tsp baby spinach + 20 g Swiss cheese + 20 g sliced avocado. Grill until cheese is slightly melted
- **Thursday**: Quick tuna salad bowl: Add 50 g drained tinned tuna to 45 g grated carrot + 1/2 cup grated cheese + 1/2 tsp grated lemon juice, mix together with 1 tbsp lemon juice and 2 tbsp olive oil. Mix 2 cups salad leaves with 1/2 cup grated carrot + 1/2 tsp grated cucumber. Add tuna mixture + 1 tsp with 40 g shaved parmesan + 20 g chopped pecans
- **Friday**: Chicken Bolognese with Konjac Spaghetti (p. 186)
- **Saturday**: Mexican Fish and Black Beans (p. 167)

#### Shopping List

**QUANTITY ITEM**

**FRUIT**
- tomatoes
- apples
- lady finger bananas
- small dried figs
- kiwi fruit
- lemons
- limes
- navel oranges
- pears

**VEGETABLES**
- artichoke
- asparagus
- avocado
- broccoli
- red capsicum
- celery
- cauliflower
- onion
- red onion
- baby fennel
- baby green beans
- salad leaves
- onion
- red onion
- baby peas (Frozen)
- pumpkin
- baby rocket leaves
- superfood salad mix
- snow peas
- baby spinach leaves

**MEAT**
- lamb
- goat
- beef
- chicken
- fish
- smoked salmon

**OTHER**
- basil
- chives
- coriander
- flat-leaf parsley
- mint

**CARBS**
- sugar-free caramel topping
- pitted green Sicilian olives
- pitted black olives
- olives in brine

**LACTOSE FREE**
- lamb
- goat
- beef
- chicken

**GLUTEN FREE**
- lamb
- goat
- beef
- chicken

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