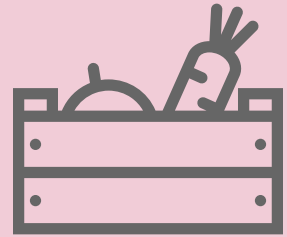


Grocery List

7-Day Keto Menu Plan



Vegetables

- 1 Garlic bulb
- Romaine lettuce
- 1 Container baby spinach
- 1 Red onion
- 1 Sweet onion
- Butter leaf lettuce
- 1 Container baby arugula
- 1 Bunch asparagus
- 1 Head cauliflower
- 2 Shallots
- 1 Jalapeño
- 8-10 Brussels sprouts

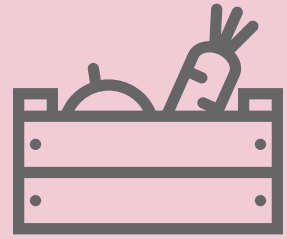
- 1 Bunch choice kale
- Fresh ginger
- 1 Pound choice mushrooms
- Endive
- 1 Head iceberg lettuce

Fruit

- 2 Limes Capers
- 2 Lemons
- 1 Heirloom tomato
- 1 avocado
- 1 container blueberries
- 1 container raspberries
- 1 container raspberries

Grocery List

7-Day Keto Menu Plan



Protein

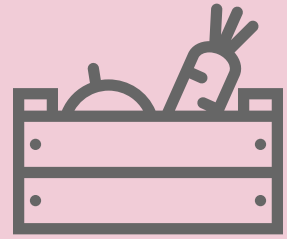
- | | | | |
|--------------------------|----------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | 2 Cartons organic eggs | <input type="checkbox"/> | Macadamia nuts |
| <input type="checkbox"/> | 1 6oz Chicken breast | <input type="checkbox"/> | Pistachios |
| <input type="checkbox"/> | 1 Package nitrate-free bacon | <input type="checkbox"/> | Unsalted sunflower seeds |
| <input type="checkbox"/> | 2 Fillets of salmon (aprox. 8oz) | | |
| <input type="checkbox"/> | Smoked salmon | | |
| <input type="checkbox"/> | 8oz Grass-fed ground beef | | |
| <input type="checkbox"/> | 7 Shrimp | | |
| <input type="checkbox"/> | White anchovies | | |
| <input type="checkbox"/> | 4-5lb Boneless pork shoulder | | |
| <input type="checkbox"/> | Chicken or beef broth | | |
| <input type="checkbox"/> | 3oz Ground pork sausage | | |
| <input type="checkbox"/> | Pine nuts | | |

Fat

- | | |
|--------------------------|-----------------------------------|
| <input type="checkbox"/> | Grass-fed butter |
| <input type="checkbox"/> | Coconut oil |
| <input type="checkbox"/> | Full-fat coconut milk |
| <input type="checkbox"/> | Extra-virgin olive oil |
| <input type="checkbox"/> | Avocado mayo |
| <input type="checkbox"/> | Avocado oil |
| <input type="checkbox"/> | Primal Kitchen
Caesar Dressing |

Grocery List

7-Day Keto Menu Plan



Dairy

- 4% organic cottage cheese
- Pint heavy whipping cream
- 8oz organic sour cream
- Organic plain kefir
- Organic goat cheese
- Parmigiano-Reggiano
- Blue cheese

Sauces

- Balsamic vinegar
- Dijon mustard
- Champagne vinegar

Spices

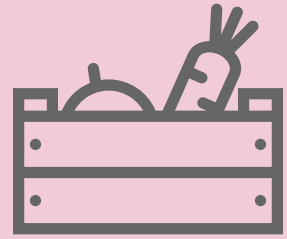
- Himalayan sea salt
- Cajun seasoning
- Fresh ground pepper
- Cinnamon
- Sage
- Thyme
- Onion powder
- Garlic powder
- Cumin
- Oregano

Random

- Coffee

Grocery List

7-Day Keto Menu Plan



Herbs

- 1 Bunch fresh mint
- 1 Bunch cilantro
- 1 Bunch chives

Baking

- Keto-approved sweetener
- Blanched almond flour
- Sugar-free chocolate chips
- Ground vanilla bean
- Vanilla extract
- Baking powder
- Almond milk

Supplements

- Spirulina
- Matcha powder
- MCT oil powder
- Primal Kitchen Vanilla
Coconut Collagen Fuel

Optional

- Pico de gallo
- Guacamole
- Ghee butter
- MCT oil
- Beef tallow
- Tabasco