

Shopping list for 2 Week Ketogenic Diet Plan (Week 1)

Meat, Eggs & Dairy		Herbs and spices	
Eggs (pastured)	3 dozen	Fresh and dried herbs of choice (chives, basil, parsley, tarragon, oregano, mint, rosemary, thyme) Gingerbread / pumpkin spice mix Turmeric Pink Himalayan rock salt Pepper (black or cayenne)	
Bacon and Pancetta	1-2 packages (10 oz / 280 g)		
Butter, grass-fed	1 package		
Chicken (breast or thighs, skinless and boneless)	1.3 lb / 600 g		
Chorizo sausage	8.5 oz / 240 g		
Cream, heavy whipping	5 fl oz / 150 ml		
Cream, soured or full-fat yogurt	7 oz / 200 g		
Goat cheese, soft	5.3 oz / 150 g		
Parmesan cheese	3 oz / 85 g		
Pork chops, raw	2 chops, 10.6 oz / 300 g		
Steak, ribeye, grass-fed	1 steak, 7.1 oz / 200 g	Oils and fats Ghee (or make your own, see my recipe) Extra virgin olive oil Coconut oil, extra virgin and MCT oil Other healthy options (lard, tallow, avocado oil, macadamia oil)	
Salmon fillet, raw	1 small, 4.4 oz / 125 g		
Sardines	2 tins, 6.5 oz / 180 g		
			Other ingredients (should be also enough for week 2) Chia seeds Cocoa nibs or 85% dark chocolate Coconut milk Erythritol, stevia Almond flour Coconut flour Flax meal Psyllium husk powder Pesto (or make your own following my recipes) Vanilla extract Whey or egg white protein or gelatin
Vegetables & Fruits		Snacking tips (extras)	
Asparagus	1 bunch (~8.8 oz / 250 g)	Avocados Bones to make home-made bone broth Celery stalks Coconut, almond milk, cream Eggs and cheese Fermented foods (sauerkraut, kimchi, kombucha) Ham and bacon, pastured Nuts and seeds (pecans, almonds, walnuts, hazelnuts, macadamias, etc.) Non-starchy vegetables (cucumber, green pepper, etc.)	
Avocados	2 pieces (14.1 oz / 400 g)		
Cauliflower	2 large pieces (4 lb / 2 kg)		
Garlic	1 head		
Jalapeno peppers	3-4 pieces		
Lettuce (crunchy type like Little Gem or Iceberg)	use in salads		
Lemons	3-4 pieces		
Mushrooms (Portobello or other)	1-2 pieces		
Onion, red or white	2 medium		
Pumpkin or pumpkin puree	1 piece		
Sweet bell peppers	5.3 oz / 150 g		
Spinach, fresh or frozen	4.4 oz / 125 g		
Spring onion	1 small bunch		
Tomatoes	14.1 oz / 400 g		
Zucchini	1 medium (7.1 oz / 200 g)		