

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

## Meat, Eggs & Dairy

Eggs (pastured)	1-2 dozen
Bacon	1-2 packages (10 oz / 280 g)
Beef, minced	14.1 oz / 400 g
Chicken stock or bone broth (or use home-made)	2 cups
Chicken thighs (skinless, boneless)	7.1 oz / 200 g
Chorizo sausage	7.1 oz / 200 g
Cream, heavy whipping	1/2 cup
Cream, soured or full-fat yogurt	7 oz / 200 g
Pork, minced (~ 20% fat)	0.9 lb / 400 g
Salmon, raw	3 fillets, 1 lb / 450 g

## Herbs and spices

Fresh and dried herbs of choice (chives, basil, parsley, tarragon, oregano, mint, rosemary, thyme)

cinnamon, cumin, paprika

cocoa powder

Pink Himalayan rock salt

Pepper (black or cayenne)

## 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)

## Other ingredients

See Week 1

+ flaked almonds

apple cider vinegar

## Vegetables & Fruits

Avocados	3 pieces (21.1 oz / 600 g)
Berries, fresh or frozen	1/4 cup
Brussels sprouts	1 lb / 450 g
Cauliflower	1 large
Green beans	8.8 oz / 250 g
Lettuce (crunchy type like Little Gem or Iceberg)	use in salads
Mushrooms (white)	100 g / 3.5 oz
Mushrooms (Portobello)	1-2 pieces
Onion, red or white	2 medium
Tomatoes	14.1 oz / 400 g
Turnip	1 medium
Zucchini	2 medium (14.1 oz / 400 g)

## Snacking tips (extras)

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.)