

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