nopping list for 2 Week Ketogenic Diet Plan (Week

Eggs (pastured) Bacon and Pancetta Bacon and Pancetta Bacon and Pancetta Butter, grass-fed Chicken (preset or thighs, skinless and boneless) Chorizo sausage Cream, heavy whipping Gream, soured or full-flat yogurt Cream, soured or full-flat yogurt Cream, soured or full-flat yogurt Cream, heavy whipping Cream, soured or full-flat yogurt Cream, soured or full-flat yogurt Cream, heavy whipping Cocontum, early recipied C			·
Bacon and Pancetta 1-2 packages (10 oz / 280 g) Butter, grass-fed 1 package Chicken (breast or thighs, skinless and boneless) Chorizo sausage 8.5 oz / 240 g Pink Himalayan rock salt Pepper (black or cayenne) Cream, heavy whipping 5 til oz / 150 ml Pepper (black or cayenne) Cream, soured or full-fat yogurt Goat cheese, soft 5.3 oz / 150 g Parmesan cheese 3 oz / 85 g Extra virgin olive oil Chocken, ribeye, grass-fed 1 steak, 7.1 oz /200 g Pork chops, raw 2 chops, 10.6 oz / 300 g Steak, ribeye, grass-fed 1 steak, 7.1 oz /200 g Sardines 2 tins, 6.5 oz / 180 g Coconut oil, extra virgin and MCT oil Toil redeath Coconut milk Erythritol, stevia Asparagus 1 bunch (-8.8 oz / 250 g) Avocados 2 pieces (14.1 oz / 400 g) Caulillower 2 large pieces (4 lb / 2 kg) Bushrooms (Portobello or other) 1 -2 pieces Sued in salads User or white 2 medium 3 -4 pieces	Meat, Eggs &	Dairy	Herbs and spices
Butter, grass-fed 1 package Chicken (breast or thighs, skinless and boneless) Chorizo sausage 8.5 oz / 240 g Pink Himalayan rock salt Chorizo sausage 8.5 oz / 240 g Pink Himalayan rock salt Cream, heavy whipping 5 fl oz / 150 ml Pepper (black or cayenne) Cream, soured or full-fat yogunt 7 oz / 200 g Oils and fats Goat cheese, soft 5.3 oz / 150 g Ghe (or make your own, see my recipe) Parmesan cheese 3 oz / 85 g Extra wirgin olive oil Coconut oil, extra virgin and MCT oil Steak, ribeye, grass-fed 1 steak, 7.1 oz / 200 g Goat cheese, soft 5.3 oz / 150 g Ghe (or make your own, see my recipe) Pork chops, rew 2 chops, 10.6 oz / 300 g Coconut oil, extra virgin and MCT oil Steak, ribeye, grass-fed 1 steak, 7.1 oz / 200 g Salmon fillet, raw 1 small, 4.4 oz / 125 g Sardines 2 tins, 6.5 oz / 180 g Chier ingredients (should be also enough for week 2) Chie seeds Cocon mits of 85% dark chocolate Coconut milk Erythrtol, stevia Amond flour Avocados 2 pieces (14.1 oz / 400 g) Flax meal Vanila extract Whey or egg white protein or geletin Lettruce (crunchy type like Little Gem or Iceberg) Lemons 3-4 pieces Mushrooms (Portobello or other) 1-2 pieces Donion, red or white 2 medium Caley stalks Coconut, almond milk, cream Spinach, fresh or frozen 4.4 oz / 125 g Commit and bacon, pastured Tomatoes 14.1 oz / 400 g Nuts and seeds (pecans, almonds, walnuts, macadamias, etc.) Nuts and seeds (pecans, almonds, walnuts, hazefulus, macadamias, etc.)			basil, parsley, tarragon, oregano, mint,
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Spring onion 1 small bunch Ham and bacon, pastured Tomatoes 14.1 oz / 400 g Turchini 1 medium (7.1 oz / 200 g) kombucha) Ham and bacon, pastured Nuts and seeds (pecans, almonds, walnuts hazelnuts, macadamias, etc.) Non-starchy vegetables (cucumber, green	Sweet bell peppers	5.3 oz / 150 g	Eggs and cheese
Tomatoes 14.1 oz / 400 g Nuts and seeds (pecans, almonds, walnuts hazelnuts, macadamias, etc.) Non-starchy vegetables (cucumber, green	Spinach, fresh or frozen	4.4 oz / 125 g	
hazelnuts, macadamias, etc.) Non-starchy vegetables (cucumber, green	Spring onion	1 small bunch	Ham and bacon, pastured
Zucchini 1 medium (7.1 oz / 200 g) Non-starchy vegetables (cucumber, green	Tomatoes	14.1 oz / 400 g	Nuts and seeds (pecans, almonds, walnuts, hazelnuts, macadamias, etc.)
	Zucchini	1 medium (7.1 oz / 200 g)	Non-starchy vegetables (cucumber, green