

## Shopping list for 2 Week Keto / Paleo Diet Plan (Week 1)

Meat & Eggs		Herbs and Spices	
eggs, pastured	1 dozen	Fresh and dried herbs of choice (chives, basil, parsley, tarragon, oregano, mint, rosemary, thyme)	
bacon, pastured	250 g / 8.8 oz	garlic and onion powder	
beef, minced	800 g / 1.76 lb	Dijon mustard (you can make your own, recipe is on my blog)	
chicken, breast or thighs, skinned	210 g / 7.4 oz	pesto sauce (you can make your own, recipe is on my blog)	
Spanish or Mexican chorizo sausage or pepperoni	240 g / 8.5 oz	vanilla, cinnamon, etc.	
mayonnaise (you can make your own - recipe is on my blog)	jar	salt and pepper	
mackerel, fresh or canned	180 g / 6.3 oz	dried Porcini mushrooms	
pork chops, boneless, 3 pieces	400 g / 14.1 oz	Oils and Fats	
Vegetables & Fruits		Ghee (or make your own, see my recipe)	
strawberries, fresh or frozen, 1 1/2 cups	220 g / 7.7 oz	Extra virgin olive oil	
avocados, 2 large and 1 medium	700 g / 1.5 lb	Coconut oil, extra virgin and MCT oil	
cauliflower, 2 medium / large pieces	1.3 kb / 2.9 lb	Other healthy options (avocado oil, macadamia oil, etc.)	
garlic	1 head	Other Ingredients (should be also enough for week 2)	
green beans	200 g / 7.1 oz	coconut milk and cream, 2 cartons / 4 cans	
lemons	2 pieces	almond milk, 1 carton	
lettuce and salad greens (iceberg lettuce, chard, spinach, rocket, etc.)	240 g / 8.5 oz	cacao powder, unsweetened	
onion, 1 red and 2 white	240 g / 8.5 oz	Stevia drops and / or Erythritol	
jalapeno peppers, 6 pieces	80 g / 2.8 oz	balsamic vinegar	
Portobello or brown mushrooms	340 g / 12 oz		
zucchini, 6 medium pieces	1.2 kg / 2.6 lb		
Snacking tips (extras)			
fermented foods (sauerkraut, kimchi, kombucha)		avocados	
nuts and seeds (pecans, almonds, walnuts, hazelnuts, macadamias, etc.)		celery stalks & nut or seed butter	
non-starchy vegetables (cucumber, green pepper, etc.)		eggs	
ham, bacon, smoked salmon		bones to make home-made bone broth	

## Shopping list for 2 Week Keto / Paleo Diet Plan (Week 2)

Meat & Eggs		Snacking Tips (extras)	
eggs, pastured	1-2 dozen	avocados	
bacon, pastured	185 g / 6.5 oz	celery stalks & nut or seed butter	
bean sprouts	100 g / 3.5 oz	eggs	
chicken thighs, skinned	250 g / 8.8 oz	fermented foods (sauerkraut, kimchi, kombucha)	
pork shoulder	800 g / 1.76 lb	nuts and seeds (pecans, almonds, walnuts, hazelnuts, macadamias, etc.)	
salmon, fresh, 1 fillet	110 g / 3.9 oz	non-starchy vegetables (cucumber, green pepper, etc.)	
tuna, canned	180 g / 6.3 oz	ham, bacon, smoked salmon	
mayonnaise, if needed		bones to make home-made bone broth	
Vegetables & Fruits		Other Ingredients	
avocado, 2 medium + 1 large	500 g / 1.1 lb	shirataki noodles	200 g / 7.1 oz
bean sprouts	50 g / 1.7 oz	almonds, flaked	
strawberries, fresh or frozen	100 g / 3.5 oz	chia seeds	
Brussels sprouts	500 g / 1.1 lb	cacao powder, raw, unsweetened	
lemons	2 pieces	coconut aminos	
lettuce and salad greens (iceberg lettuce, chard, spinach, rocket, etc.)	100 g / 3.5 oz	coffee	
limes	1 piece	fish sauce	
onion, 1 red and 2 white	280 g / 9.9 oz	gelatin, hydrolyzed or regular	
Portobello or brown mushrooms	170 g / 6 oz	Sriracha sauce	
spring onions, 2-4 pieces	45 g / 1.6 oz	egg white protein powder, vanilla, chocolate or unflavored such as Jay Robb (or use gelatin)	
zucchini, 2 medium pieces	400 g / 14.1 oz		
		<p><i>NOTE: You won't need to buy most ingredients in "Herbs &amp; Spices", "Oils &amp; Fats" an "Other Ingredients" if you already got them for week 1.</i></p>	