

Shopping list for 2 Week Vegetarian Keto Diet Plan (Week 1)

Eggs & Dairy		Herbs and spices
eggs, free-range or organic	4 dozen	Fresh and dried herbs of choice (chives, basil, parsley, tarragon, oregano, mint, rosemary, thyme)
mayonnaise (or make your own, recipe is on my blog)	1 jar	garlic and onion powder
cream, heavy whipping, 1/2 cup	120 ml / 4 fl oz	Dijon mustard (you can make your own, recipe is on my blog)
sour cream, 1 cup	240 g / 8 oz package	pesto sauce (you can make your own, recipe is on my blog)
feta cheese or other soft cheese	650 g / 1.4 lb	vanilla, cinnamon, etc.
mozzarella cheese for salads	125 g / 4.4 oz	salt and pepper
mozzarella cheese for pizza	120 g / 4.2 oz	
Parmesan cheese	30 g / 1.1 oz	Oils and fats
cheddar cheese	40 g / 1.4 oz	Ghee (or make your own, see my recipe)
		Extra virgin olive oil
		Coconut oil, extra virgin and MCT oil
		Other healthy options (avocado oil, macadamia oil, etc.)
Vegetables & Fruits		Other ingredients (should be also enough for week 2)
avocados, 1 medium + 2 large	500 g / 1.1 lb	almond flour
spinach	600 g / 1.3 lb, fresh or frozen	coconut flour
lettuce and salad greens (iceberg lettuce, chard, spinach, rocket, etc.)	350 g / 0.7 oz	flax meal
tomatoes	700 g / 1.5 lb	psyllium husk powder
eggplant, 2 medium	750 g / 1.6 lb	baking soda and cream of tartar
Portobello or large flat mushrooms	2 pieces, 150 g / 5.3 oz	coconut milk
mushrooms, white	150 g / 5.3 oz	cacao powder, unsweetened
garlic	1 head	Stevia drops and Erythritol
onion	2 pieces, red & white, medium	whhey or egg white protein powder, vanilla, chocolate or unflavored (tips: Jay Robb, Pulsin or Reflex Natural)
cucumber, 1 medium	150 g / 4.2 oz	olives, capers and sun-fried tomatoes, 1 jar each
green pepper, 1 medium	120 g / 4.2 oz	marinara sauce (or make your own, recipe is on my blog)
spring onion	1 medium	
lemons	1-2 pieces	
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 and cheese

Shopping list for 2 Week Vegetarian Keto Diet Plan (Week 2)

Eggs & Dairy		Snacking tips (extras)
eggs	2 dozen	Avocados
feta or other soft cheese	200 g / 7.1 oz	Celery stalks & nut or seed butter
cheddar cheese	300 g / 10.5 oz	Coconut, almond milk, cream
cream, heavy whipping, 1/2 cup	120 ml / 4 fl oz	Eggs and cheese
sour cream	200 g / 7.1 oz	Fermented foods (sauerkraut, kimchi, kombucha)
butter	block	Nuts and seeds (pecans, almonds, walnuts, hazelnuts, macadamias, etc.)
Parmesan cheese	60 g / 2.1 oz	Non-starchy vegetables (cucumber, green pepper, etc.)
		vegetable stock
Vegetables & Fruits		
avocados, 2-3 medium + 1 large	500 g / 1.1 lb	
cauliflower	1 large, 800 g / 1.7 lb	
spinach, fresh or frozen	400 g / 14.1 oz	
onion	2 pieces, red & white, medium	
garlic	1 head	
tomatoes	200 g / 7.1 oz	
lettuce and salad greens (iceberg lettuce, chard, spinach, rocket, etc.)	400 g / 14.1 oz	
mushrooms, white	300 g / 10.5 oz	
cucumber, 1 small	100 g / 3.5 oz	
green pepper, 1 small	100 g / 3.5 oz	
spring onion, 1 medium	30 g / 1.1 oz	
sauerkraut (you can make your own, recipe is on my blog)	1 jar	
lemons	2-3 pieces	
		<i>NOTE: You won't need to buy most ingredients in "Herbs & Spices", "Oils & Fats" an "Other Ingredients" if you already got them for week 1.</i>