

Shopping list for 2 Week Ketogenic Diet Plan (Week 1)

Meat, Eggs & Dairy

Bacon, outdoor-reared and Pancetta	300 g/ 10.6 oz
Butter	1 package
Chicken stock (or make your own)	1 cup (240 ml/ 8 fl oz)
Chicken thighs or drumsticks	600 g/ 21.2 oz / 1.3 lb, weight excludes bones)
Cream, heavy whipping	1 cup (240 ml/ 8 fl oz)
Cream, sour and/ or crème fraîche	1 cup (240 g/ 8.5 oz)
Eggs, pastured	2 dozen
Goat cheese or other full-fat soft cheese	150 g/ 5.3 oz
Pork chops	2 large or 4 medium (400 g/ 14.1 oz)
Salmon, raw	2 fillets (345 g/ 12.2 oz)
Sardines, tinned	100 g/ 3.5 oz

Vegetables & Fruits

Asparagus	1 bunch (250 g/ 8.8 oz)
Avocado	4-6 pieces (900 g/ 2 lb)
Cauliflower	2 large (1.5 kg/ 3.3 lb)
Garlic	1 head
Lettuce (crunchy type like Little Gem or Iceberg)	use in salads
Lemons, organic	2 pieces
Mushrooms, wild., Porcini (dried)	1 package
Onions (red, white, brown or shallot)	6-8 pieces (400 g/ 14.1 oz)
Peppers, red bell, sweet	2 large (300 g/ 10.6 oz)
Portobello or other fresh mushrooms	2 large, 170 g/ 6 oz
Spring onions	2-3 pieces
Spinach, raw	125 g/ 4.4 oz
Tomatoes, cherry or regular	450 g/ 15.9 oz
Zucchini	1 medium (200 g/ 7.1 oz)

Herbs and spices

Fresh and dried herbs of choice (dill, basil, mint, parsley, sage, tarragon)

Gingerbread / pumpkin spice mix

Turmeric, paprika

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 (should be also enough for week 2)

Chia seeds

Cocoa nibs or 85% dark chocolate

Cacao powder, unsweetened

Coconut milk

Erythritol, stevia

Almond flour, coconut flour and flax meal

Psyllium husk powder

Balsamic vinegar

Pesto (or make your own following my recipes)

Vanilla extract

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.)

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

Meat, Eggs & Dairy		Herbs and spices	
Bacon, outdoor-reared	125 g/ 4.4 oz	Fresh and dried herbs of choice (dill, basil, mint, parsley, sage, tarragon) cinnamon, cumin, paprika Pink Himalayan rock salt Pepper (black or cayenne)	
Butter	1 package if needed		
Chorizo sausage or other hard type	80 g/ 2.8 oz		
Cream, heavy whipping	1/4 cup (60 ml/ 2 fl oz)		
Cream, sour or crème fraiche	1 1/2 cup (350 g/ 12.3 oz)		
Eggs	2 dozen		
Mackerel, fresh	1 fillet (90 g/ 3.2 oz)		
Mozzarella cheese	125 g/ 4.4 oz		
Pork, ground	400 g/ 14.1 oz		
Steak, ribeye	1 medium (200 g/ 7.1 oz)		
Salmon, raw	2 small fillets (220 g/ 7.8 oz)	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)	
Vegetables & Fruits Avocado 4-6 pieces (900 g/ 2 lb) Brussels sprouts 500 g/ 17.6 oz/ 1.1 lb Garlic 1 head Green beans 100 g/ 3.5 oz Lemons, organic 2-3 pieces Lettuce (crunchy type like Little Gem or Iceberg) use in salads Onions (red, white, brown or shallot) 2-3 pieces (200 g/ 7.1 oz) Portobello or other fresh mushrooms 2 large, 170 g/ 6 oz Tomatoes, cherry or regular 300 g/ 10.6 oz Zucchini 1 medium (200 g/ 7.1 oz)			Other ingredients same as week 1 - if needed + olives (green or black) 1 jar MCT oil or coconut oil Pumpkin puree, unsweetened (or make your own, recipe is on my blog) Whey or egg white protein or gelatin
			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.)