

WEEK 1 SHOPPING LIST

PRODUCE:

- ☐ arugula, 3 cups
- ☐ asparagus, 2 pounds (about 30 spears)
- ☐ avocados, 2
- ☐ baby arugula, 1 cup
- ☐ basil, 2 tablespoons chopped
- ☐ blueberries, 2 ounces (about 1/3 cup)
- ☐ broccoli florets, 1 pound (about 2 medium heads)
- ☐ butter lettuce, 1 head
- ☐ cauliflower, 2 large heads
- ☐ celery, 4 stalks
- ☐ cilantro, 1 tablespoon chopped
- ☐ coleslaw mix, 1 (14-ounce) bag
- ☐ eggplant, 1 medium
- ☐ garlic, 2 bulbs
- ☐ green bell pepper, 1
- ☐ green onions, 1 bunch
- ☐ guacamole, premade
- ☐ iceberg lettuce, 1 head
- ☐ lemons, 3
- ☐ Roma tomato, 1 medium
- ☐ thyme leaves, 1 tablespoon chopped
- ☐ tomato, 1
- ☐ yellow onion, 1
- ☐ zucchini, 1 small

Also buy the ingredients for the **Keto Bento Box** of your choice (see page 68). If making **Keto Yum Yum Sauce** (page 89) for the Egg Roll in a Bowl and/or **Sugar-Free Thousand Island Dressing** (page 83) for the Cheeseburger Salad, add those ingredients to your shopping list as well.

MEAT:

- ☐ bacon, 2 packages
- ☐ bacon, thick-cut, 6 slices
- ☐ Black Forest ham, 4 slices
- ☐ chicken thighs, 2
- ☐ ground beef, 1 pound
- ☐ ground bison or beef, 1 pound
- ☐ ground pork, 1 pound
- ☐ ground turkey (preferably dark meat), 2 pounds
- ☐ ham, 8 ounces
- ☐ prosciutto, 4 ounces
- ☐ rotisserie chickens, 2
- ☐ salami, 12 slices
- ☐ sea scallops, 16 large (about 1 pound)

DAIRY AND EGGS:

- ☐ butter, unsalted, 4 tablespoons (1/2 stick)
- ☐ cheddar cheese, shredded, 4 cups
- ☐ cream cheese, 2 ounces
- ☐ eggs, 3 dozen
- ☐ feta cheese, crumbled, 1/2 cup
- ☐ half-and-half, 2 tablespoons
- ☐ heavy whipping cream, 1/2 cup
- ☐ mozzarella cheese, low-moisture, shredded, 2/3 cup
- ☐ mozzarella cheese, shredded, 1/2 cup
- ☐ Parmesan cheese, grated, 1 1/4 cups
- ☐ Parmesan cheese, shaved, 1/2 cup
- ☐ pepper Jack cheese, shredded, 2 cups (if you can't find it preshredded, you can buy a block and shred it yourself, or substitute Monterey Jack or cheddar)
- ☐ provolone cheese, 2 slices
- ☐ ricotta, whole-milk, 1/4 cup
- ☐ sour cream, 1/2 cup

PANTRY AND CONDIMENTS:

- ☐ almond milk, unsweetened, 1 carton
- ☐ almonds, slivered, 1 1/2 cups
- ☐ beef broth or red wine, 1/4 cup
- ☐ chia seeds, 1/4 cup
- ☐ crushed tomatoes, 1/2 cup
- ☐ Dijon mustard, 1/2 teaspoon
- ☐ ketchup, sugar-free, 3/4 cup (if making homemade, see page 87 for ingredients)
- ☐ peanuts, roasted salted, 1 cup
- ☐ pecans, raw, 1 cup + 3 tablespoons
- ☐ pepperoncini, 2
- ☐ pork rinds, 1 large bag
- ☐ pumpkin puree, 1/4 cup
- ☐ pumpkin seeds, 1 cup
- ☐ Sriracha sauce or Yum Yum Sauce (page 89) (optional, for Egg Roll in a Bowl)
- ☐ tomato paste, 2 tablespoons
- ☐ unsweetened shredded coconut, 1/2 cup

BAKING AND SPICES:

- ☐ almond flour, blanched, 2 3/4 cups
- ☐ flaxseed meal, 1/2 cup
- ☐ ginger powder, 1 teaspoon
- ☐ ranch herb mix, 2 tablespoons (if making homemade, see page 85 for ingredients)
- ☐ sesame seeds, 1 tablespoon
- ☐ turmeric powder, 1 teaspoon

WEEK 2 SHOPPING LIST

PRODUCE:

- ☐ avocado, 1
- ☐ baby arugula, 1 bag
- ☐ baby spinach, 6 ounces
- ☐ bell peppers (any color), 4
- ☐ blueberries, frozen, ½ cup
- ☐ broccoli florets, 6 cups
- ☐ cauliflower, riced, 1 cup
- ☐ cherry tomatoes, 15
- ☐ cilantro, 1 bunch
- ☐ cucumbers, 2 large and 2 mini
- ☐ garlic, 1 bulb
- ☐ ginger, grated, 2½ teaspoons
- ☐ green onions, 3
- ☐ lemons, 2
- ☐ lime, 1
- ☐ parsley, 1 bunch
- ☐ portobello mushroom, 1
- ☐ red onion, 1
- ☐ romaine lettuce, 1 head
- ☐ shallot, 1
- ☐ side salad, ingredients for 4 meals
- ☐ yellow onion, 1
- ☐ zucchini, 4 large

MEAT:

- ☐ bacon, 1 package
- ☐ bacon, thick-cut, 4 slices
- ☐ chicken tenders, 1¼ pounds
- ☐ chicken thighs, boneless, skinless, 6 (3 to 4 ounces each)
- ☐ deli ham, 1 package
- ☐ deli turkey, 1 package
- ☐ flank steak, 1 pound
- ☐ ground beef, 1 pound
- ☐ Italian sausage, bulk, 8 ounces
- ☐ shrimp, large, 1¼ pounds cooked and 1 pound raw

DAIRY AND EGGS:

- ☐ butter, unsalted, 6 tablespoons
- ☐ cheddar cheese, shredded, 2¼ cups
- ☐ cream cheese, 4 ounces
- ☐ eggs, 3 dozen
- ☐ goat cheese, crumbled, ½ cup
- ☐ Gruyère cheese, shredded, ¼ cup
- ☐ half-and-half, ¾ cup
- ☐ heavy whipping cream, 1 tablespoon
- ☐ Italian cheese blend, shredded, 8 ounces
- ☐ mozzarella cheese, low-moisture, shredded, 3 cups
- ☐ Parmesan cheese, grated, 4 cups
- ☐ sour cream, 1 cup
- ☐ Swiss cheese, shredded or sliced, 8 ounces
- ☐ whipped cream cheese, ⅓ cup

BAKING AND SPICES:

- ☐ almond flour, blanched, 2 cups
- ☐ caraway seeds, 1 teaspoon *(optional, for Reuben Casserole)*
- ☐ cream of tartar, ½ teaspoon
- ☐ everything bagel seasoning, 2 tablespoons
- ☐ flaxseed meal, ¼ cup
- ☐ powdered stevia, 4 (1-gram) packets
- ☐ red pepper flakes, ½ teaspoon *(optional, for Shrimp Scampi)*
- ☐ sesame seeds, 2 teaspoons

If making **Sugar-Free Thousand Island Dressing** (page 83) for the Reuben Casserole, add those ingredients to your shopping list as well.

PANTRY AND CONDIMENTS:

- ☐ almond milk, unsweetened, for serving with Crunchy Keto Granola
- ☐ almond milk, vanilla-flavored, unsweetened, 1½ cups
- ☐ beef broth, ¼ cup
- ☐ coconut milk, full-fat, ⅔ cup
- ☐ collagen peptides, 1 scoop
- ☐ Dijon mustard, 1½ teaspoons
- ☐ fish sauce, 1 tablespoon
- ☐ ketchup, sugar-free, 1 cup *(if making homemade, see page 87 for ingredients)*
- ☐ macadamia nuts, 2 ounces
- ☐ marinara sauce, no sugar added, 2 cups *(if making homemade, see page 82 for ingredients)*
- ☐ MCT powder, vanilla-flavored or plain, 1 scoop *(optional, for Blueberry Collagen Smoothie)*
- ☐ pecans, raw, 3 tablespoons chopped
- ☐ peanut butter, salted, ¼ cup
- ☐ peanuts, for garnishing Chicken Satay Skewers with Peanut Sauce and Thai Cucumber Salad
- ☐ pork rinds, 1½ ounces
- ☐ prepared horseradish, ¼ cup
- ☐ pumpkin puree, ¼ cup
- ☐ ranch dressing, ½ cup + 2 tablespoons *(if making homemade, see page 86 for ingredients)*
- ☐ red wine vinegar, 2 tablespoons
- ☐ sauerkraut, 1 pound
- ☐ Sriracha sauce, 1 to 2 teaspoons *(optional, for Chicken Satay Skewers with Peanut Sauce)*
- ☐ white vinegar, ½ cup
- ☐ white wine, dry, ¼ cup

WEEK 3 SHOPPING LIST

PRODUCE:

- ☐ asparagus, 12 stalks
- ☐ avocados, 3
- ☐ baby arugula, 1 bag
- ☐ baby spinach, 1 cup chopped
- ☐ butter lettuce, 1 head
- ☐ carrot, 1 large
- ☐ cherry tomatoes, 15
- ☐ cilantro, 1 bunch
- ☐ cremini mushrooms, 5
- ☐ cucumbers, 2 mini
- ☐ garlic, 2 bulbs
- ☐ ginger, 2 tablespoons grated
- ☐ green bell pepper, 1
- ☐ green cabbage, 1 head
- ☐ green onion, 1
- ☐ iceberg lettuce, 1 head
- ☐ jalapeño pepper, 1
- ☐ limes, 2
- ☐ parsley, 1 bunch
- ☐ red bell peppers, 2
- ☐ red cabbage, ½ head
- ☐ red chili pepper, 1
- ☐ red onions, 2
- ☐ Roma tomato, 1
- ☐ romaine lettuce, 2 heads
- ☐ side salad ingredients for 2 meals
- ☐ spring mix, 1 bag
- ☐ tomato, 1
- ☐ yellow onions, 2 medium
- ☐ zucchini, 1 medium to large

MEAT:

- ☐ bacon, 2 packages
- ☐ Black Forest ham, 4 slices
- ☐ chicken breasts, boneless, skinless, 3¼ pounds
- ☐ chicken thighs, deboned, with skin on, 6 (3 to 4 ounces each)
- ☐ cod fillets, 4 (4 to 6 ounces each)
- ☐ deli meat (turkey or ham), 10 slices
- ☐ deli sliced chicken breast, 4 slices
- ☐ flanken short ribs, 6 (½ inch thick)
- ☐ ground beef, 1 pound
- ☐ pork sausage, bulk, 1 pound
- ☐ prosciutto, 6 ounces
- ☐ salami, 12 slices
- ☐ skirt steak, 1 pound

DAIRY AND EGGS:

- ☐ cheddar cheese, shredded, 3¼ cups
- ☐ cream cheese, 1 (8-ounce) package + 2 ounces
- ☐ eggs, 2 dozen
- ☐ feta cheese, crumbled, ¾ cup
- ☐ Gruyère cheese, shredded, ½ cup
- ☐ Parmesan cheese, grated, ¾ cup
- ☐ provolone cheese, 2 slices

PANTRY AND CONDIMENTS:

- ☐ almond milk, unsweetened, for serving with Crunchy Keto Granola
- ☐ capers, 1 tablespoon
- ☐ dill pickle, 1
- ☐ jalapeños, diced, 1 (4-ounce) can
- ☐ marinara sauce, no sugar added (if making homemade, see page 82 for ingredients)
- ☐ olives, mixed, pitted and halved, ½ cup
- ☐ pecans, raw, 3 tablespoons chopped
- ☐ pepperoncini, 2
- ☐ pesto, 4 teaspoons
- ☐ pumpkin puree, ¼ cup
- ☐ ranch dressing, ½ cup + 2 tablespoons (if making homemade, see page 86 for ingredients)
- ☐ red wine vinegar, 2 tablespoons
- ☐ tomatoes, diced, 2 (14½-ounce) cans

BAKING AND SPICES:

- ☐ almond flour, blanched, ¾ cup
- ☐ chili powder, 1 tablespoon
- ☐ coarse salt, 1¼ teaspoons
- ☐ Italian or poultry seasoning, 2 teaspoons
- ☐ poppy seeds, 1 teaspoon (optional, for Coleslaw)
- ☐ red pepper flakes, 1½ teaspoons
- ☐ smoked paprika, 1 teaspoon

Also purchase the fajita toppings and pizza toppings of your choice. If making **Sugar-Free Thousand Island Dressing** (page 83) for the Cheeseburger Salad, add those ingredients to your shopping list as well.

WEEK 4 SHOPPING LIST

PRODUCE:

- ☐ avocados, 6
- ☐ baby arugula, 1 bag
- ☐ baby spinach, 5 ounces
- ☐ basil, 1 bunch
- ☐ broccoli, 1 large head
- ☐ button mushrooms, 7 ounces
- ☐ cauliflower, 1 large head
- ☐ celery, 2 stalks
- ☐ cherry tomatoes, 8
- ☐ chives, 1 tablespoon chopped
- ☐ cilantro, 1 bunch
- ☐ coleslaw mix, 1 (14-ounce) bag
- ☐ cremini mushrooms, 8 ounces
- ☐ dill, fresh, 1 tablespoon + 1 teaspoon chopped
- ☐ English cucumber, 1
- ☐ garlic, 2 bulbs
- ☐ green onions, 1 bunch
- ☐ jalapeño pepper, 1
- ☐ lemons, 2
- ☐ limes, 4
- ☐ mixed greens, 1 bag
- ☐ orange bell pepper, 1
- ☐ radishes, 20
- ☐ red onions, 2 medium
- ☐ Roma tomatoes, 4
- ☐ romaine lettuce, 1 head
- ☐ side salad, ingredients for 4 meals
- ☐ spring mix, 1 bag
- ☐ yellow squash, 2 small
- ☐ zucchini, 2 medium and 2 large

If making **Keto Yum Yum Sauce** (page 89) for the Egg Roll in a Bowl and/or **Sugar-Free Thousand Island Dressing** (page 83) for the Cheeseburger Salad, add those ingredients to your shopping list as well.

MEAT:

- ☐ chicken breasts, boneless, skinless, 2 (about 5 ounces each)
- ☐ chuck roast, 1 (3 pounds)
- ☐ deli chicken breast, 4 slices
- ☐ ground beef, 1 pound
- ☐ ground pork, 1 pound
- ☐ ground turkey, 1 pound
- ☐ Italian sausage, mild, bulk, 1 pound
- ☐ pork chops, bone-in, 4 (1 inch thick)
- ☐ pork sausage, bulk, 1 pound
- ☐ rotisserie chicken, 1 large
- ☐ salmon fillets, 4 (4 to 6 ounces each)
- ☐ shrimp, 8 ounces frozen precooked
- ☐ skirt steak, 2 pounds
- ☐ smoked salmon, 6 ounces
- ☐ swordfish steaks, 4 (5 to 6 ounces each)
- ☐ tuna, packed in water, 1 (5-ounce) can

DAIRY AND EGGS:

- ☐ butter, salted, ¼ cup (½ stick)
- ☐ butter, unsalted, 3 sticks
- ☐ cheddar cheese, shredded, 3 cups
- ☐ crème fraîche or sour cream, ½ cup
- ☐ eggs, 3 dozen
- ☐ feta cheese, crumbled, ¼ cup
- ☐ half-and-half, 1¼ cups
- ☐ mozzarella cheese, fresh, 3 ounces
- ☐ mozzarella cheese, shredded, 1 cup
- ☐ Parmesan cheese, grated, 1⅔ cups
- ☐ ricotta, whole milk, 1 cup + 2 tablespoons
- ☐ sour cream, ¼ cup

PANTRY AND CONDIMENTS:

- ☐ almond milk, unsweetened, ¼ cup
- ☐ beef broth, ½ cup
- ☐ capers, 1 tablespoon
- ☐ Dijon mustard, 1 tablespoon
- ☐ dill pickle, 1
- ☐ green chilies, whole, 1 (27-ounce) can
- ☐ hot sauce, 1 teaspoon (*optional, for Chile Rellenos Casserole*)
- ☐ marinara sauce, no-sugar-added, 1½ cups (*to make homemade, see page 82 for ingredients*)
- ☐ pepperoncini, 1 large jar
- ☐ pesto, 3 tablespoons + 1 teaspoon
- ☐ pork rinds, 1 large bag
- ☐ prepared yellow mustard, 2 tablespoons
- ☐ Sriracha sauce, 1½ teaspoons

BAKING AND SPICES:

- ☐ almond flour, blanched, 2½ cups
- ☐ cayenne pepper, 1 pinch (*optional, for Jessica's Special*)
- ☐ dried minced onions, 1 tablespoon
- ☐ ginger powder, 1 teaspoon
- ☐ Italian seasoning
- ☐ Old Bay seasoning, ½ teaspoon (*optional, for Shrimp Salad*)
- ☐ sesame seeds, 1 tablespoon