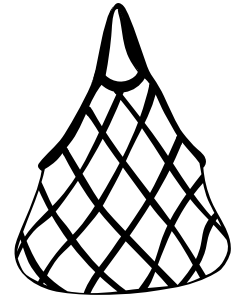


Grocery List

7-DAY KETO MENU PLAN



Vegetables

- 1 large bunch kale
- 1 container baby arugula
- 1 bag celery
- 1 red onion
- 1 sweet onion
- Butter leaf lettuce
- 18 button mushrooms
- 1 head cauliflower
- 1 bundle asparagus
- 1 large container spring mix
- 2 radishes
- 1 shallot
- 1 garlic

Fruit

- 3 lemons
- Package blueberries
- 1 container cherry tomatoes
- 2 avocados
- 1 heirloom tomato

Herbs

- 1 bunch parsley
- 1 bunch fresh basil
- 1 bunch fresh dill
- 1 bundle fresh sage
- 1 bundle fresh thyme
- 1 bundle fresh chives



Grocery List [7-Day Keto Menu Plan]

Protein

- 1 carton organic eggs
- 1, 5oz can white albacore
- 1 package sausage
- 8 jumbo shrimp
- 3, 6oz chicken breasts
- 8oz grass-fed ribeye steak
- 5oz ahi tuna steak
- 5oz mahi filet
- 6oz grass-fed ground beef
- 1 container Greek yogurt
- 1 container almond butter
- 4 jumbo scallops
- 1/2 lb blue lump crab meat
- 9 organic chicken tenders

Spices

- Himalayan sea salt
- Fresh cracked pepper
- Cinnamon
- Cumin
- Paprika
- Onion powder
- Garlic powder
- Red pepper flakes

Fat

- Coconut oil
- Avocado or coconut mayo
- Cold-pressed olive oil
- 4 sticks grass-fed butter



Grocery List [7-Day Keto Menu Plan]

Fat cont.

- Avocado oil
- 3 cans full-fat coconut milk
- 1 pint heavy whipping cream

Nuts + Seeds

- Pine nuts
- Chia seeds
- Sliced almonds
- Macadamia nuts
- Pecans
- Sunflower seeds

Dairy

- 1 package organic feta
- 1 block Parmigiano Regianno
- 1 block blue cheese
- 1 package part-skim, pre-shredded mozzarella cheese
- 8oz organic cream cheese

Condiments

- Primal Kitchen [PK] Ranch
- PK Lemon Turmeric Dressing
- PK Caesar Dressing
- PK Cilantro Lime Dressing
- The New Primal Buffalo Sauce



Grocery List [7-Day Keto Menu Plan]

Random

- 1 carton chicken bone broth
- Vanilla extract
- 1 package Swerve confectioner
- 1 package coconut flour
- 1 package almond flour
- Baking powder
- 1 package cacao nibs
- 1 container Primal Kitchen Collagen Fuel

Additional

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes

