

Keto Challenge: Grocery List Week 1

Vegetables

- 4 asparagus spears
- 1 tablespoon fresh basil
- ½ cup broccoli
- 3 carrots
- 2 small heads cauliflower
- 2 cucumbers
- 1 garlic
- 10 ounces jicama
- 1 lemon
- 5 cups kale
- 1.5 cup mixed greens
- 1 cup Boston Bibb Lettuce
- 10 Kalamata olives
- 2 cups baby portabella mushrooms
- 1 red bell pepper
- 1 orange bell pepper
- 1 green bell pepper
- 3 large yellow onions
- 1 small rutabaga
- 2 medium tomatoes, chopped
- ½ cup cherry tomatoes
- 2 zucchini

Fruit: (Organic as much as possible)

- 3 Avocados
- 1 small container blueberries (organic if possible)
- 1 container strawberries (organic if possible)

Meat & Protein:

- 5 slices bacon
- 4 ounces chorizo sausage
- 3 lbs skin-on chicken pieces, thighs preferred
- ½ pound ground grass fed bison
- 2 pounds grass fed ground beef
- 20 ounces ground pork

Fish & Seafood:

- 2 x 6 ounce Salmon Filets

Eggs, Dairy, & Nut Milks:

- Grass-Fed Butter (KerryGold is great)
- 2 cups full-fat Coconut Milk
- 10 eggs
- 2 cups Greek Yogurt (organic, full-fat)

Nuts / Seeds / Oils:

- 3 tablespoons hemp seeds (hulled)
- 4 ounces Raw Almonds
- 2 cups shredded coconut (unsweetened)
- 1/2 ounce Raw Pecans
- 1/2 ounce Raw Walnuts

- 2 tablespoons Pumpkin Seeds
- 1 cup coconut butter
- Avocado Oil
- Coconut Oil

- Olive Oil
- Balsamic Vinegar
- Red Wine Vinegar
- White Wine Vinegar

Spices:

- Cinnamon
- Curry powder
- Cayenne Pepper
- Dill (dried)
- Ground Ginger
- Mustard Powder (dry)
- Nutmeg
- Fresh Ground Pepper
- Paprika (optional)
- Himalayan Pink Salt
- Vanilla extract

Miscellaneous:

- 6 cups coffee (brewed) (or black tea, if preferred)
- 2 dill pickles (small)
- Ketchup (unsweetened, organic if possible)
- Stevia (alcohol-free)
- Worcestershire sauce
- Yellow Mustard

Supplements:

- MCT Oil
- Nutritional Yeast

Chicken Broth:

Option #1: You can buy 10 cups premade organic chicken bone broth, or make your own.

Option #2: If you make your own, you'll need:

- 1 whole pasture-raised chicken OR 3-4 pounds bony chicken parts (ex. necks, backs, breast bones, wings)
- 2 chicken feet
- 1 chicken head if you're feeling adventurous - feel free to omit
- 2 tablespoons vinegar
- 2 large onions
- 2 carrots
- 2 celery sticks
- 2 cups fresh parsley
- 2 teaspoons fresh thyme
- 1 bay leaf
- 1 tablespoon whole black peppercorn