

## Keto Challenge: Grocery List Week 2

### Vegetables

- 2 bunches of asparagus
- 6 cups broccoli
- 1/2 cucumber
- 1 garlic
- 2 lemons
- 5 cups red kale
- 3 cups raw arugula
- 2 cup mixed greens
- 1 red bell pepper
- 1 yellow bell pepper
- 1/2 green bell pepper
- 2 Tbs. fresh chopped parsley
- 1 large yellow onions
- 2 cups butternut squash (1 small)
- 1 spaghetti squash
- ½ cup cherry tomatoes (you may already have this from last week)

### Fruit: (Organic as much as possible)

- 1 Avocado
- 4¼ cups strawberries (organic if possible)

### Meat & Protein:

- 3 slices bacon
- 8 ounces Prosciutto (deli)
- 8 skin-on chicken thighs
- 2 x 4 ounce pork chops (small)

### Fish & Seafood:

- ¾ pounds peeled & deveined shrimp
- 9 ounces salmon fillet

### Eggs, Dairy, & Nut Milks:

- 1/2 cup full-fat Coconut Milk
- 4 eggs
- 4 cups Greek Yogurt (organic, full-fat)
- 3/4 cup fresh grated Parmesan cheese

### Nuts / Seeds / Oils

- 3 Tbsp. Sliced Almonds
- ¼ cup cashews
- 1/2 cup Raw Pecans
- 3 Tbs. Pumpkin Seeds
- 1 tablespoon whole ground flaxseed
- Flaxseed Oil (organic)

### Spices:

- Chili Powder
- Garlic Powder
- Garlic Salt
- Dried Basil

- Cumin
- Dried Thyme
- Red Pepper Flakes

## Miscellaneous:

- 7 cups coffee (brewed), (or black tea, if preferred)
- 1 Tbsp. Tomato Paste
- ¼ cup white table wine

## Items You Should Already Have - Replace As Needed:

- ½ cup Chicken Broth
- Cayenne Pepper
- Curry Powder
- Dill (dried)
- Paprika
- Himalayan Pink Salt
- Fresh Ground Pepper
- Grass-Fed Butter (KerryGold is great)
- Coconut Oil
- Olive Oil
- MCT Oil
- White Wine Vinegar
- 1 Tbsp. shredded coconut (unsweetened)

## Beef Broth:

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

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

- 2 pounds beef bone marrow
- ½ cup apple cider vinegar
- 3 pounds meaty beef bones
- 3 large onions
- 3 medium carrots
- 3 celery stalks
- 2 cups fresh parsley
- 2 teaspoons fresh thyme
- 1 bay leaf
- 1 tablespoon whole black peppercorns
- 2 pounds beef knuckle
- 1 pig foot, bone in