

## Keto Challenge: Grocery List Week 3

### Vegetables

- 4 asparagus spears (may have leftover)
- 4 ½ cups broccoli
- 1 cucumber
- ½ cup cilantro
- 3 clove garlic
- 1/2 lemon
- 1 lime
- 4.5 cups kale
- 4 ½ cups spinach
- 3 cups romaine lettuce
- 2 ½ red bell pepper
- 4 peppers- your choice of colors
- 1 yellow squash
- 1 large spaghetti squash
- 1 cup zucchini noodles (or sliced zucchini)
- 2 zucchini

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

- 2 Avocados
- 3 ½ cups strawberries
- 1 ¾ cups blueberries

### Meat & Protein:

- 5 slices bacon
- 3 pounds skin-on chicken thighs
- ½ pound ground grass-fed bison
- 2 Italian sausage links
- 2 Andouille chicken sausage links

### Fish & Seafood:

- ¾ pounds peeled & deveined shrimp

### Eggs, Dairy, & Nut Milks:

- 1/2 cup full-fat Coconut Milk
- 1 cup coconut cream
- 6 eggs
- 3 cups Greek Yogurt (organic, full-fat)
- 3 ½ cups part-skim ricotta
- 1 ounce blue cheese

### Nuts / Seeds / Oil

- 1 ½ cup Sliced Almond

### Spices

- Oregano

### Miscellaneous:

- 7 cups coffee (brewed) (or tea)

- 1 cup tomato sauce
- 1 ounce anchovy fillets
- ½ tablespoon stone-ground mustard

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

- Cayenne Pepper
- Hemp Seeds
- Paprika
- Dried Thyme
- Himalayan Pink Salt
- Fresh Ground Pepper
- Grass-Fed Butter (KerryGold is great)
- Coconut Oil
- Olive Oil
- MCT Oil
- Nutritional Yeast
- Balsamic Vinegar
- White Wine Vinegar

## Chicken Broth:

**Option #1: You can buy 7 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