



**Fit2**  
**Fat**  
**2Fit**

**KETO**

**Jump Start**

SHOPPING LISTS

# Week 1 Grocery Shopping List - Men

## Produce

- 2 heads of romaine lettuce
- 2 medium avocado
- 3 bunches asparagus
- 2 heads broccoli (or 4 cups frozen chopped)
- 16 ounces sliced mushrooms
- ½ head green cabbage (or 4 cups shredded)
- 1 bulb fresh garlic (for mincing)

## Meat

- 1 pound bacon
- 2- 7 ounce pork chops
- 24 ounces 85/15 ground beef
- 5 polish sausage links (about 3 ounces each)
- 9 ounce ribeye steak
- 11 ounces chicken thighs
- 2 large slices prosciutto
- 6 ounces shrimp

## Supplements\*

- Complete Wellness MCT Oil powder
- Pink Himalayan OR sea salt
- Potassium citrate
- Magnesium glycinate

## Optional Supplement

- Exogenous ketones

## Other\*

- 1 pound grass fed butter
- 6 eggs
- 1½ cup egg whites
- 8 ounces shredded cheddar cheese
- 8 ounces cream cheese
- small container sliced cheddar cheese
- small container heavy whipping cream
- small container macadamia nuts
- small jar pickles
- small container low-sugar pickle relish
- non-stick cooking spray
- parchment paper

## Staples & spices\*

- coffee
- garlic powder
- cumin
- paprika
- ground black pepper
- ground cinnamon
- Italian seasoning
- red pepper flakes
- red wine vinegar
- olive oil
- avocado oil
- avocado oil mayonnaise
- Dijon mustard
- yellow mustard
- white vinegar
- apple cider vinegar
- stevia

\*Before shopping for these items, check your kitchen. You may have some left over from a previous shopping trip.

# Week 2 Grocery Shopping List - Men

## Produce

- 1 head broccoli (or 1 cup frozen, chopped)
- large container romaine salad mix
- small head butter lettuce
- 4 medium avocado
- 2 cups fresh spinach (small container)
- 12 ounces zucchini, spiralized or about 2-3 med.
- 1 bunch asparagus
- 8 ounces sliced mushrooms
- 8 cups riced cauliflower (about 2 medium head)
- 1 medium onion
- 1 green bell pepper
- 1 bulb garlic (for mincing)

## Meat

- 16 ounces boneless, skinless chicken thighs
- 1 pound bacon
- 1 pack chicken apple sausage
- 10 ounces flank steak
- 10 ounces 85/15 ground beef
- 5 ounces chicken breast
- 2 ounces ground pork sausage
- small container pepperoni

## Supplements\*

- Pink Himalayan OR sea salt
- Potassium citrate
- Magnesium glycinate

## Optional Supplements

- Exogenous Ketones

## Other\*

- ½ gallon unsweetened almond milk
- 1 pound grass-fed butter
- 2 1/2 dozen eggs
- small container heavy whipping cream
- small container unsweetened cocoa powder
- small container low-carb pizza sauce
- 8 ounces shredded cheddar
- 4 ounces cream cheese
- 8 ounces shredded mozzarella
- 1/2 cup chopped walnuts (about 1.5 ounce)
- 8 ounces sour cream
- 4 ounces goat cheese
- non-stick cooking spray
- small container coconut flour
- small container natural peanut butter
- small container pesto
- small container guacamole
- small container pico de gallo
- small container brown gravy
- small container paleo ranch dressing
- small container unsweetened, shredded coconut

## Staples & spices\*

- stevia
- olive oil
- vanilla extract
- chili powder
- ground black pepper
- garlic powder
- Italian seasoning
- avocado oil mayonnaise
- ground cinnamon
- coconut oil
- paprika
- small container baking powder

\*Before shopping for these items, check your kitchen. You may have some left over from a previous shopping trip.

# Week 3 Grocery Shopping List - Men

## Produce

- 1 medium cucumber (to be sliced)
- 2 medium avocado
- 4 ounces sliced mushrooms
- large container spinach
- 2 large red bell peppers
- 1 bulb fresh garlic (for mincing)
- 1 bunch fresh cilantro
- 1 lemon (for lemon zest)
- small piece fresh ginger (for mincing)
- small amount fresh basil
- 5 cups riced cauliflower (about 1 large head)
- 6 whole romaine lettuce leaves
- 1 bunch green onions
- 1 head broccoli (or 2 ½ cups frozen, chopped)
- 1 pound green beans

## Meat

- 12 ounces 85/15 ground beef
- 8 ounces ribeye steak
- 12 ounces smoked salmon
- 14 ounces salmon filets
- 8 ounces shrimp
- 1 pound bacon

## Supplements\*

- Complete Wellness MCT Oil powder
- Pink Himalayan OR sea salt
- Potassium citrate
- Magnesium glycinate

## Optional Supplements

- Exogenous ketones

## Other\*

- 2 dozen eggs
- 1 pound grass fed butter
- small container heavy whipping cream
- 1 pound cream cheese
- 8 ounces shredded Colby jack cheese
- ½ gallon unsweetened almond milk
- small container chicken bone broth
- small container arrowroot flour
- small container lemon juice
- small container macadamia nuts
- small container natural peanut butter
- small container lime juice
- small container paleo ranch dressing
- small container unsweetened cocoa powder
- small container blanched almond flour
- non-stick cooking spray

## Staples & spices\*

- stevia
- coffee
- ground cinnamon
- cumin
- ground ginger
- vanilla extract
- coconut oil
- olive oil
- sesame oil
- garlic salt
- coconut aminos
- red pepper flakes
- ground black pepper

\*Before shopping for these items, check your kitchen. You may have some left over from a previous shopping trip.

# Week 4 Grocery Shopping List - Men

## Produce

- 6 cups fresh spinach (about 1-2 large containers)
- 3 medium avocados
- small container strawberries
- 1 bunch green onions
- 1 1/3 pound fresh green beans
- 1 bulb garlic (for mincing)
- 1 bunch asparagus
- 3 medium zucchini
- small head green lettuce
- 2 heads broccoli (or 4 cups frozen chopped)

## Meat

- 1 pound Canadian bacon
- 1 pound bacon
- 16 ounces flank steak
- 16 ounces boneless, skinless chicken thighs
- 24 ounces 85/15 ground beef
- 6 ounces canned wild-caught salmon
- 10 ounces flat iron steak

## Supplements\*

- Complete Wellness MCT Oil powder (vanilla flavor needed for cream cheese pancakes this week)
- Pink Himalayan OR sea salt
- Potassium citrate
- Magnesium glycinate

## Optional Supplements

- Exogenous ketones

## Other\*

- ½ pound grass fed butter
- 8 ounces sour cream
- small container crumbled blue cheese
- 1 ½ dozen eggs
- small container heavy whipping cream
- 4 ounces cream cheese
- small container guacamole
- 8 ounces shredded mozzarella cheese
- small container chopped black olives
- small container diced green chilis
- small can red enchilada sauce
- small container sliced cheddar
- small container macadamia nuts
- small container paleo ranch dressing
- non-stick cooking spray

## Staples & spices\*

- stevia
- coffee
- coconut aminos
- avocado oil mayonnaise
- taco seasoning (no sugar added)
- vanilla extract
- avocado oil
- olive oil
- sesame oil
- red pepper flakes
- cumin
- paprika
- ground black pepper
- garlic powder
- ground cinnamon

\*Before shopping for these items, check your kitchen. You may have some left over from a previous shopping trip.

# Week 5 Grocery Shopping List - Men

## Produce

- 2 heads of romaine lettuce
- 2 medium avocado
- 3 bunches asparagus
- 2 heads broccoli (or 4 cups frozen chopped)
- 16 ounces sliced mushrooms
- ½ head green cabbage (or 4 cups shredded)
- 1 bulb fresh garlic (for mincing)

## Meat

- 1 pound bacon
- 2- 7 ounce pork chops
- 24 ounces 85/15 ground beef
- 5 polish sausage links (about 3 ounces each)
- 9 ounce ribeye steak
- 11 ounces chicken thighs
- 2 large slices prosciutto
- 6 ounces shrimp

## Supplements\*

- Complete Wellness MCT Oil powder
- Pink Himalayan OR sea salt
- Potassium citrate
- Magnesium glycinate

## Optional Supplement

- Exogenous ketones

## Other\*

- 1 pound grass fed butter
- 6 eggs
- 1½ cup egg whites
- 8 ounces shredded cheddar cheese
- 8 ounces cream cheese
- small container sliced cheddar cheese
- small container heavy whipping cream
- small container macadamia nuts
- small jar pickles
- small container low-sugar pickle relish
- non-stick cooking spray
- parchment paper

## Staples & spices\*

- coffee
- garlic powder
- cumin
- paprika
- ground black pepper
- ground cinnamon
- Italian seasoning
- red pepper flakes
- red wine vinegar
- olive oil
- avocado oil
- avocado oil mayonnaise
- Dijon mustard
- yellow mustard
- white vinegar
- apple cider vinegar
- stevia

\*Before shopping for these items, check your kitchen. You may have some left over from a previous shopping trip.

# Week 6 Grocery Shopping List - Men

## Produce

- 1 head broccoli (or 1 cup frozen, chopped)
- large container romaine salad mix
- small head butter lettuce
- 4 medium avocado
- 2 cups fresh spinach (small container)
- 12 ounces zucchini, spiralized or about 2-3 med.
- 1 bunch asparagus
- 8 ounces sliced mushrooms
- 8 cups riced cauliflower (about 2 medium head)
- 1 medium onion
- 1 green bell pepper
- 1 bulb garlic (for mincing)

## Meat

- 16 ounces boneless, skinless chicken thighs
- 1 pound bacon
- 1 pack chicken apple sausage
- 10 ounces flank steak
- 10 ounces 85/15 ground beef
- 5 ounces chicken breast
- 2 ounces ground pork sausage
- small container pepperoni

## Supplements\*

- Pink Himalayan OR sea salt
- Potassium citrate
- Magnesium glycinate

## Optional Supplements

- Exogenous Ketones

## Other\*

- ½ gallon unsweetened almond milk
- 1 pound grass-fed butter
- 2 1/2 dozen eggs
- small container heavy whipping cream
- small container unsweetened cocoa powder
- small container low-carb pizza sauce
- 8 ounces shredded cheddar
- 4 ounces cream cheese
- 8 ounces shredded mozzarella
- 1/2 cup chopped walnuts (about 1.5 ounce)
- 8 ounces sour cream
- 4 ounces goat cheese
- non-stick cooking spray
- small container coconut flour
- small container natural peanut butter
- small container pesto
- small container guacamole
- small container pico de gallo
- small container brown gravy
- small container paleo ranch dressing
- small container unsweetened, shredded coconut

## Staples & spices\*

- stevia
- olive oil
- vanilla extract
- chili powder
- ground black pepper
- garlic powder
- Italian seasoning
- avocado oil mayonnaise
- ground cinnamon
- coconut oil
- paprika
- small container baking powder

\*Before shopping for these items, check your kitchen. You may have some left over from a previous shopping trip.

# Week 7 Grocery Shopping List - Men

## Produce

- 1 medium cucumber (to be sliced)
- 2 medium avocado
- 4 ounces sliced mushrooms
- large container spinach
- 2 large red bell peppers
- 1 bulb fresh garlic (for mincing)
- 1 bunch fresh cilantro
- 1 lemon (for lemon zest)
- small piece fresh ginger (for mincing)
- small amount fresh basil
- 5 cups riced cauliflower (about 1 large head)
- 6 whole romaine lettuce leaves
- 1 bunch green onions
- 1 head broccoli (or 2 ½ cups frozen, chopped)
- 1 pound green beans

## Meat

- 12 ounces 85/15 ground beef
- 8 ounces ribeye steak
- 12 ounces smoked salmon
- 14 ounces salmon filets
- 8 ounces shrimp
- 1 pound bacon

## Supplements\*

- Complete Wellness MCT Oil powder
- Pink Himalayan OR sea salt
- Potassium citrate
- Magnesium glycinate

## Optional Supplements

- Exogenous ketones

## Other\*

- 2 dozen eggs
- 1 pound grass fed butter
- small container heavy whipping cream
- 1 pound cream cheese
- 8 ounces shredded Colby jack cheese
- ½ gallon unsweetened almond milk
- small container chicken bone broth
- small container arrowroot flour
- small container lemon juice
- small container macadamia nuts
- small container natural peanut butter
- small container lime juice
- small container paleo ranch dressing
- small container unsweetened cocoa powder
- small container blanched almond flour
- non-stick cooking spray

## Staples & spices\*

- stevia
- coffee
- ground cinnamon
- cumin
- ground ginger
- vanilla extract
- coconut oil
- olive oil
- sesame oil
- garlic salt
- coconut aminos
- red pepper flakes
- ground black pepper

\*Before shopping for these items, check your kitchen. You may have some left over from a previous shopping trip.



# Week 8 Grocery Shopping List - Men

## Produce

- 6 cups fresh spinach (about 1-2 large containers)
- 3 medium avocados
- small container strawberries
- 1 bunch green onions
- 1 1/3 pound fresh green beans
- 1 bulb garlic (for mincing)
- 1 bunch asparagus
- 3 medium zucchini
- small head green lettuce
- 2 heads broccoli (or 4 cups frozen chopped)

## Meat

- 1 pound Canadian bacon
- 1 pound bacon
- 16 ounces flank steak
- 16 ounces boneless, skinless chicken thighs
- 24 ounces 85/15 ground beef
- 6 ounces canned wild-caught salmon
- 10 ounces flat iron steak

## Supplements\*

- Complete Wellness MCT Oil powder (vanilla flavor needed for cream cheese pancakes this week)
- Pink Himalayan OR sea salt
- Potassium citrate
- Magnesium glycinate

## Optional Supplements

- Exogenous ketones

## Other\*

- ½ pound grass fed butter
- 8 ounces sour cream
- small container crumbled blue cheese
- 1 ½ dozen eggs
- small container heavy whipping cream
- 4 ounces cream cheese
- small container guacamole
- 8 ounces shredded mozzarella cheese
- small container chopped black olives
- small container diced green chilis
- small can red enchilada sauce
- small container sliced cheddar
- small container macadamia nuts
- small container paleo ranch dressing
- non-stick cooking spray

## Staples & spices\*

- stevia
- coffee
- coconut aminos
- avocado oil mayonnaise
- taco seasoning (no sugar added)
- vanilla extract
- avocado oil
- olive oil
- sesame oil
- red pepper flakes
- cumin
- paprika
- ground black pepper
- garlic powder
- ground cinnamon

\*Before shopping for these items, check your kitchen. You may have some left over from a previous shopping trip.

# Week 1 Grocery Shopping List - Women

## Produce

- 2 heads of romaine lettuce
- 1 medium avocado
- 2 bunches asparagus
- 2 heads broccoli (or 4 cups frozen chopped)
- 8 ounces sliced mushrooms
- 1/2 head green cabbage (or 2 cups shredded)
- 1 bulb fresh garlic (for mincing)

## Meat

- 1 pound bacon
- 2- 6 ½ ounce pork chop
- 1 pound 85/15 ground beef
- 4 polish sausage links (about 3 ounces each)
- 7 ounces ribeye steak
- 10 ounces chicken thighs
- 2 large slices prosciutto
- 6 ounces shrimp

## Supplements\*

- Complete Wellness MCT Oil powder
- Pink Himalayan OR sea salt
- Potassium citrate
- Magnesium glycinate

## Optional Supplement

- Exogenous ketones

## Other\*

- 1 pound grass fed butter
- 6 eggs
- 1 ½ cup egg whites
- 8 ounces shredded cheddar cheese
- 8 ounces cream cheese
- small container sliced cheddar cheese
- small container heavy whipping cream
- small container macadamia nuts
- small container pickles
- small container low-sugar pickle relish
- non-stick cooking spray
- parchment paper

## Staples & spices\*

- coffee
- garlic powder
- cumin
- paprika
- ground black pepper
- ground cinnamon
- Italian seasoning
- red pepper flakes
- red wine vinegar
- olive oil
- avocado oil
- avocado oil mayonnaise
- Dijon mustard
- yellow mustard
- white vinegar
- apple cider vinegar
- stevia

\*Before shopping for these items, check your kitchen. You may have some left over from a previous shopping trip.

# Week 2 Grocery Shopping List - Women

## Produce

- 1 head broccoli (or 1 cup frozen, chopped)
- large container romaine salad mix
- small head butter lettuce
- 3 medium avocado
- 2 cups fresh spinach (small container)
- 10 ounces zucchini, spiralized or about 2 med.
- 1 bunch asparagus
- 8 ounces sliced mushrooms
- 4 cups riced cauliflower (about 1 medium head)
- 1 medium onion
- 1 green bell pepper
- 1 bulb garlic (for mincing)

## Meat

- 14 ounces boneless, skinless chicken thighs
- 1 pound bacon
- 1 pack chicken apple sausage
- 8 ounces flank steak
- 8 ounces 85/15 ground beef
- 4 ounces chicken breast
- 2 ounces ground pork sausage
- small container pepperoni

## Supplements\*

- Pink Himalayan OR sea salt
- Potassium citrate
- Magnesium glycinate

## Optional supplements

- Exogenous ketones

## Other\*

- ½ gallon unsweetened almond milk
- 1 pound grass-fed butter
- 2 dozen eggs
- small container heavy whipping cream
- small container unsweetened cocoa powder
- small container low-carb pizza sauce
- 8 ounces shredded cheddar
- 4 ounces cream cheese
- 8 ounces shredded mozzarella
- ¼ cup chopped walnuts (about 1 ounce)
- 8 ounces sour cream
- 4 ounces goat cheese
- non-stick cooking spray
- small container coconut flour
- small container natural peanut butter
- small container pesto
- small container guacamole
- small container pico de gallo
- small container brown gravy
- small container paleo ranch dressing
- small container unsweetened, shredded coconut

## Staples & spices\*

- stevia
- olive oil
- vanilla extract
- chili powder
- ground black pepper
- garlic powder
- Italian seasoning
- avocado oil mayonnaise
- ground cinnamon
- coconut oil
- paprika
- small container baking powder

\*Before shopping for these items, check your kitchen. You may have some left over from a previous shopping trip.

# Week 3 Grocery Shopping List - Women

## Produce

- 1 medium cucumber (to be sliced)
- 1 medium avocado
- 4 ounces sliced mushrooms
- large container spinach
- 1 large red bell pepper
- 1 bulb fresh garlic (for mincing)
- 1 bunch fresh cilantro
- 1 lemon (for lemon zest)
- small piece fresh ginger (for mincing)
- small amount fresh basil
- 4 cups riced cauliflower (about 1 medium head)
- 4 whole romaine lettuce leaves
- 1 bunch green onions
- 1 head broccoli (or 2 cups frozen, chopped)
- 1 pound green beans

## Meat

- 10 ounces 85/15 ground beef
- 6 ounces ribeye steak
- 10 ounces smoked salmon
- 12 ounces salmon filets
- 8 ounces shrimp
- 1 pound bacon

## Supplements\*

- Complete Wellness MCT Oil powder
- Pink Himalayan OR sea salt
- Potassium citrate
- Magnesium glycinate

## Optional Supplements

- Exogenous ketones

## Other\*

- 2 dozen eggs
- 1 pound grass fed butter
- small container heavy whipping cream
- 1 pound cream cheese
- 8 ounces shredded Colby jack cheese
- ½ gallon unsweetened almond milk
- small container chicken bone broth
- small container arrowroot flour
- small container lemon juice
- small container macadamia nuts
- small container natural peanut butter
- small container lime juice
- small container paleo ranch dressing
- small container unsweetened cocoa powder
- small container blanched almond flour
- non-stick cooking spray

## Staples & spices\*

- stevia
- coffee
- ground cinnamon
- cumin
- ground ginger
- vanilla extract
- coconut oil
- olive oil
- sesame oil
- garlic salt
- coconut aminos
- red pepper flakes
- ground black pepper

\*Before shopping for these items, check your kitchen. You may have some left over from a previous shopping trip.

# Week 4 Grocery Shopping List - Women

## Produce

- 6 cups fresh spinach (about 1-2 large containers)
- 2 medium avocados
- small container strawberries
- 1 bunch green onions
- 1 1/3 pound fresh green beans
- 1 bulb garlic (for mincing)
- 1 bunch asparagus
- 2-3 medium zucchini
- small head lettuce
- 2 heads broccoli (or 4 cups frozen chopped)

## Meat

- 1 pound Canadian bacon
- 1 pound bacon
- 12 ounces flank steak
- 12 ounces boneless, skinless chicken thighs
- 20 ounces 85/15 ground beef
- 4 ounces canned wild-caught salmon
- 7 ounces flat iron steak

## Supplements\*

- Complete Wellness MCT Oil powder (vanilla flavor needed for cream cheese pancakes this week)
- Pink Himalayan OR sea salt
- Potassium citrate
- Magnesium glycinate

## Optional Supplements

- Exogenous ketones

## Other\*

- ½ pound grass fed butter
- 8 ounces sour cream
- small container crumbled blue cheese
- 1 ½ dozen eggs
- small container heavy whipping cream
- 4 ounces cream cheese
- small container guacamole
- 8 ounces shredded mozzarella cheese
- small container chopped black olives
- small container diced green chilis
- small can red enchilada sauce
- small container sliced cheddar
- small container macadamia nuts
- small container paleo ranch dressing
- non-stick cooking spray

## Staples & spices\*

- stevia
- coffee
- coconut aminos
- avocado oil mayonnaise
- taco seasoning (no sugar added)
- vanilla extract
- avocado oil
- olive oil
- sesame oil
- red pepper flakes
- cumin
- paprika
- ground black pepper
- garlic powder
- ground cinnamon

\*Before shopping for these items, check your kitchen. You may have some left over from a previous shopping trip.

# Week 5 Grocery Shopping List - Women

## Produce

- 2 heads of romaine lettuce
- 1 medium avocado
- 2 bunches asparagus
- 2 heads broccoli (or 4 cups frozen chopped)
- 8 ounces sliced mushrooms
- 1/2 head green cabbage (or 2 cups shredded)
- 1 bulb fresh garlic (for mincing)

## Meat

- 1 pound bacon
- 2- 6 1/2 ounce pork chop
- 1 pound 85/15 ground beef
- 4 polish sausage links (about 3 ounces each)
- 7 ounces ribeye steak
- 10 ounces chicken thighs
- 2 large slices prosciutto
- 6 ounces shrimp

## Supplements\*

- Complete Wellness MCT Oil powder
- Pink Himalayan OR sea salt
- Potassium citrate
- Magnesium glycinate

## Optional Supplement

- Exogenous ketones

## Other\*

- 1 pound grass fed butter
- 6 eggs
- 1 1/2 cup egg whites
- 8 ounces shredded cheddar cheese
- 8 ounces cream cheese
- small container sliced cheddar cheese
- small container heavy whipping cream
- small container macadamia nuts
- small container pickles
- small container low-sugar pickle relish
- non-stick cooking spray
- parchment paper

## Staples & spices\*

- coffee
- garlic powder
- cumin
- paprika
- ground black pepper
- ground cinnamon
- Italian seasoning
- red pepper flakes
- red wine vinegar
- olive oil
- avocado oil
- avocado oil mayonnaise
- Dijon mustard
- yellow mustard
- white vinegar
- apple cider vinegar
- stevia

\*Before shopping for these items, check your kitchen. You may have some left over from a previous shopping trip.

# Week 6 Grocery Shopping List - Women

## Produce

- 1 head broccoli (or 1 cup frozen, chopped)
- large container romaine salad mix
- small head butter lettuce
- 3 medium avocado
- 2 cups fresh spinach (small container)
- 10 ounces zucchini, spiralized or about 2 med.
- 1 bunch asparagus
- 8 ounces sliced mushrooms
- 4 cups riced cauliflower (about 1 medium head)
- 1 medium onion
- 1 green bell pepper
- 1 bulb garlic (for mincing)

## Meat

- 14 ounces boneless, skinless chicken thighs
- 1 pound bacon
- 1 pack chicken apple sausage
- 8 ounces flank steak
- 8 ounces 85/15 ground beef
- 4 ounces chicken breast
- 2 ounces ground pork sausage
- small container pepperoni

## Supplements\*

- Pink Himalayan OR sea salt
- Potassium citrate
- Magnesium glycinate

## Optional supplements

- Exogenous ketones

## Other\*

- ½ gallon unsweetened almond milk
- 1 pound grass-fed butter
- 2 dozen eggs
- small container heavy whipping cream
- small container unsweetened cocoa powder
- small container low-carb pizza sauce
- 8 ounces shredded cheddar
- 4 ounces cream cheese
- 8 ounces shredded mozzarella
- ¼ cup chopped walnuts (about 1 ounce)
- 8 ounces sour cream
- 4 ounces goat cheese
- non-stick cooking spray
- small container coconut flour
- small container natural peanut butter
- small container pesto
- small container guacamole
- small container pico de gallo
- small container brown gravy
- small container paleo ranch dressing
- small container unsweetened, shredded coconut

## Staples & spices\*

- stevia
- olive oil
- vanilla extract
- chili powder
- ground black pepper
- garlic powder
- Italian seasoning
- avocado oil mayonnaise
- ground cinnamon
- coconut oil
- paprika
- small container baking powder

\*Before shopping for these items, check your kitchen. You may have some left over from a previous shopping trip.

# Week 7 Grocery Shopping List - Women

## Produce

- 1 medium cucumber (to be sliced)
- 1 medium avocado
- 4 ounces sliced mushrooms
- large container spinach
- 1 large red bell pepper
- 1 bulb fresh garlic (for mincing)
- 1 bunch fresh cilantro
- 1 lemon (for lemon zest)
- small piece fresh ginger (for mincing)
- small amount fresh basil
- 4 cups riced cauliflower (about 1 medium head)
- 4 whole romaine lettuce leaves
- 1 bunch green onions
- 1 head broccoli (or 2 cups frozen, chopped)
- 1 pound green beans

## Meat

- 10 ounces 85/15 ground beef
- 6 ounces ribeye steak
- 10 ounces smoked salmon
- 12 ounces salmon filets
- 8 ounces shrimp
- 1 pound bacon

## Supplements\*

- Complete Wellness MCT Oil powder
- Pink Himalayan OR sea salt
- Potassium citrate
- Magnesium glycinate

## Optional Supplements

- Exogenous ketones

## Other\*

- 2 dozen eggs
- 1 pound grass fed butter
- small container heavy whipping cream
- 1 pound cream cheese
- 8 ounces shredded Colby jack cheese
- ½ gallon unsweetened almond milk
- small container chicken bone broth
- small container arrowroot flour
- small container lemon juice
- small container macadamia nuts
- small container natural peanut butter
- small container lime juice
- small container paleo ranch dressing
- small container unsweetened cocoa powder
- small container blanched almond flour
- non-stick cooking spray

## Staples & spices\*

- stevia
- coffee
- ground cinnamon
- cumin
- ground ginger
- vanilla extract
- coconut oil
- olive oil
- sesame oil
- garlic salt
- coconut aminos
- red pepper flakes
- ground black pepper

\*Before shopping for these items, check your kitchen. You may have some left over from a previous shopping trip.



# Week 8 Grocery Shopping List - Women

## Produce

- 6 cups fresh spinach (about 1-2 large containers)
- 2 medium avocados
- small container strawberries
- 1 bunch green onions
- 1 1/3 pound fresh green beans
- 1 bulb garlic (for mincing)
- 1 bunch asparagus
- 2-3 medium zucchini
- small head lettuce
- 2 heads broccoli (or 4 cups frozen chopped)

## Meat

- 1 pound Canadian bacon
- 1 pound bacon
- 12 ounces flank steak
- 12 ounces boneless, skinless chicken thighs
- 20 ounces 85/15 ground beef
- 4 ounces canned wild-caught salmon
- 7 ounces flat iron steak

## Supplements\*

- Complete Wellness MCT Oil powder (vanilla flavor needed for cream cheese pancakes this week)
- Pink Himalayan OR sea salt
- Potassium citrate
- Magnesium glycinate

## Optional Supplements

- Exogenous ketones

## Other\*

- ½ pound grass fed butter
- 8 ounces sour cream
- small container crumbled blue cheese
- 1 ½ dozen eggs
- small container heavy whipping cream
- 4 ounces cream cheese
- small container guacamole
- 8 ounces shredded mozzarella cheese
- small container chopped black olives
- small container diced green chilis
- small can red enchilada sauce
- small container sliced cheddar
- small container macadamia nuts
- small container paleo ranch dressing
- non-stick cooking spray

## Staples & spices\*

- stevia
- coffee
- coconut aminos
- avocado oil mayonnaise
- taco seasoning (no sugar added)
- vanilla extract
- avocado oil
- olive oil
- sesame oil
- red pepper flakes
- cumin
- paprika
- ground black pepper
- garlic powder
- ground cinnamon

\*Before shopping for these items, check your kitchen. You may have some left over from a previous shopping trip.