

speed KETO

6

two week

MEAL PLAN Shopping Lists



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Disclaimer

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Week One

You will find this week's shopping list is longer and more involved than next week's. Before you head out to the store have a look through your pantry and fridge. Keep in mind many of the items you purchase this week (like a bag of cooking onions) will also be used next week. Try your best to find organic products and grass-fed, free range meats and eggs.

Since you have completed the 31 day *Speed Keto* program, you may already have some of the listed ingredients on hand.

Throughout the next 2 weeks you will be drinking plenty of fluids so make sure to stock up on organic teas and coffee, sugar free electrolyte drinks and organic chicken broth. It doesn't hurt to have a few extra boxes of chicken broth available in case you run out of homemade broth as the week progresses. Having a good variety of allowable beverages on hand will make your short and long term fasts more interesting and easier.

Please Note: The amounts of each item you purchase will depend on how many people you are feeding at each meal. The recipes provided can be doubled or tripled as necessary. If you are cooking for yourself you may also have to adjust some of the recipes (and what you need to purchase) accordingly.



Basic Items

- MCT oil
- Extra virgin olive oil (select a good quality oil)
- Coconut oil
- Electrolyte drinks, sugar-free
- Coffee, regular & decaf
- Tea, herbal & regular
- Stevia sweetener, liquid and/or concentrated powder form (do not use granular)
- Erythritol (if desired as a sweetener)
- Coconut aminos or tamari sauce, 1 bottle
- Apple cider vinegar
- Balsamic vinegar, good quality
- Boxed organic chicken broth
- Full fat, sugar free mayonnaise
- Sugar free BBQ sauce
- Sugar-free ketchup
- Dijon mustard
- Worcestershire sauce
- Dill pickles
- Pink Himalayan salt (the kind that comes in a grinder)
- Pepper corns
- Dried thyme
- Dried oregano
- Bay leaves
- Cayenne pepper
- Dried parsley





Meats, Fish & Seafood

- 4-5 lb whole chicken, (only if making homemade broth)
- 1 bunch celery (for broth)
- 5 – 6 lb whole chicken
- 6 oz Deli Roast beef, thin slices (buy 3 oz of these beef slices later in the week for day 7 as it may not keep for the whole week)
- 3 oz deli ham, baked
- 2 lb Bacon, naturally smoked & no sugar
- 8 Chicken drum sticks, medium sized
- Pork belly
- 1 package breakfast sausages
- 1 lb pork belly



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Vegetables & Fruit

- Fresh thyme, (for soup if desired)
- Fresh parsley, (for soup if desired)
- Fresh oregano (or use dried if you have it)
- Fresh rosemary (or use dried if you have it)
- 1 package shredded cabbage
- 1 English cucumber
- 1 garlic bulb
- Brussels sprouts
- Fresh Mushrooms, 5 or 6
- 1 head romaine lettuce
- Avocado
- 1 pint Cherry tomatoes
- 1 red bell pepper
- Arugula, small package
- 1 turnip (rutabaga), small
- 1 bag cooking onions
- 1 tomatoes
- 1 bag baby spinach leaves, pre-washed
- ½ lb Brussels sprouts
- 2 lemons
- 1 lime

Dairy Section

- 2 dozen eggs, large size
- 1 pint heavy cream
- 2 lb grass fed, organic butter

Other Items

- Boxed organic chicken broth (if needed)



Week Two

Have a look through your pantry & fridge to see if you have items and food left-over that can be used this week. Also have a quick look through this week's recipes and adjust the amounts you need to purchase according to the number of people you are feeding.

Basic Items

- Replenish anything needed (sugar-free electrolyte drinks, coffees, teas, oils, etc.)

Meats, Fish & Seafood

- 1 lb bacon, naturally smoke & no sugar
- 1 lb pork tenderloin roast
- 6 Dinner sized sausage (about 3 oz each), Italian or your flavor preference
- 1 lb medium ground beef
- 2 Rib eye steaks, 1 ½" thick & about 6 oz each
- 1 ½ lbs boneless pork loin or pork tenderloin (will be used for souvlaki)
- 6 Lamb chops, ¾" thick
- 2 tuna steaks, about 6 oz each
- 1 ½ lb chicken breasts, boneless & skinless





Vegetables & Fruit

- 1 head cauliflower
- 3 avocado, various stages of ripeness
- 2 small yellow zucchini
- 2 small green zucchini
- 2 tomatoes
- 1 garlic bulb
- 1 bag mixed greens, pre-washed
- 1 head romaine lettuce
- 1 English cucumber
- 1 bunch green onions (scallions)
- 1 bunch radishes
- Fresh rosemary
- Fresh thyme
- Fresh oregano
- 2 heirloom tomatoes
- 2 lemons
- 1 turnip (rutabaga), small

Dairy Section

- 1 dozen eggs, large
- 1 pint heavy cream (if needed)

Other Items

- Boxed organic chicken broth (if needed)



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