



LEFTOVERS ARE KICKASS WEEK 1 SHOPPING LIST

Category	<input checked="" type="checkbox"/>	Ingredient	Used in Recipe(s)	Day	
Produce	<input type="checkbox"/>	4 oz / 110 g riced cauliflower florets (prepared or process your own)	4 oz for Baked Cheese & Bacon Breakfast Pie	2	
	<input type="checkbox"/>	6 scallions (green / spring onions)	2 for Chicken & Avocado Salad 2 for Baked Cheese & Bacon Breakfast Pie 2 for Avocado Feta Salad	1 2 6	
	<input type="checkbox"/>	2-4 limes	1 TBSP juice for Chicken & Avocado Salad Zest of 1 + 1 TBSP juice for Cilantro Lime Broccoli Zest of 1 + 4 tsp juice Coconut Lime Yogurt Supreme ½ TBSP juice for Avocado Feta Salad	1 2 5 6	
	<input type="checkbox"/>	1 lemon	1 TBSP juice for Prawns with Leeks & Lemon Pepper	7	
	<input type="checkbox"/>	20 oz / 565 g leeks	8 oz for Creamy Chicken & Cabbage Casserole 6 oz for Ham, Leek & Feta Egg Cups 6 oz for Prawns with Leeks & Lemon Pepper	3 7 7	
	<input type="checkbox"/>	2 ½ oz / 70 g onion	Hot Bacon & Cabbage Slaw	4	
	<input type="checkbox"/>	1 English cucumber, quartered and sliced	Avocado Feta Salad	6	
	<input type="checkbox"/>	1 ¾ oz / 45 g snow peas	Avocado Feta Salad	6	
	<input type="checkbox"/>	fresh rosemary	1 TBSP for Creamy Chicken & Cabbage Casserole 2 tsp for Warm Turkey & Almond Slaw 1 TBSP for Ham, Leek & Feta Egg Cups	3 5 7	
	<input type="checkbox"/>	fresh cilantro	1 TBSP for Chicken & Avocado Salad 1 ½ TBSP for Cilantro Lime Broccoli	1 2	
	<input type="checkbox"/>	¼ oz / 7 g fresh flat-leaf parsley	Avocado Feta Salad	6	
	<input type="checkbox"/>	2 large fresh basil leaves	Avocado Feta Salad	6	
	<input type="checkbox"/>	2 avocados	1 for Chicken & Avocado Salad ½ for Avocado Feta Salad	1 6	
	<input type="checkbox"/>	1 head of romaine lettuce	To preference for Chicken & Avocado Salad	1	
	<input type="checkbox"/>	mixed lettuce greens	To preference for Avocado Feta Salad	6	
	<input type="checkbox"/>	11 oz / 310 g broccoli slaw (pre-bagged, try to find without carrots)	5 oz for Cilantro Lime Broccoli 6 oz for Warm Turkey & Almond Slaw	2 5	
	<input type="checkbox"/>	15 oz / 425 g cabbage	10 oz for Creamy Chicken & Cabbage Casserole 5 oz for Hot Bacon & Cabbage Slaw	3 4	
	<input type="checkbox"/>	4 oz / 110 g mushrooms	4 oz for Prawns with Leeks & Lemon Pepper	7	
	Meat	<input type="checkbox"/>	7 oz / 200 g bacon	4 oz for Chicken & Avocado Salad 2 oz for Baked Cheese & Bacon Breakfast Pie 1 slice Hot Bacon & Cabbage Slaw	1 2 4
		<input type="checkbox"/>	6 oz / 170 g ham	6 oz for Ham, Leek & Feta Egg Cups	7
<input type="checkbox"/>		1 steak	Steak	2	
<input type="checkbox"/>		1 ½ lb / 680 g Boneless chicken (dark meat is best)	8 oz for Chicken & Avocado Salad 1 lb for Creamy Chicken & Cabbage Casserole	1 3	
<input type="checkbox"/>		1 pork chop	Pork Chops	4	
<input type="checkbox"/>		7 oz / 200 g packet smoked deli turkey, sliced into thin strips	Warm Turkey & Almond Slaw	5	



KICKASS KETO

Category	<input checked="" type="checkbox"/>	Ingredient	Used in Recipe(s)	Day
Meat (cont'd)	<input type="checkbox"/>	1 salmon fillet	Salmon	6
	<input type="checkbox"/>	12 oz / 340 g prawns, pre-cooked, de-veined, tail-off	Prawns with Leeks & Lemon Pepper	7
Dairy	<input type="checkbox"/>	12 eggs	3 for Baked Cheese & Bacon Breakfast Pie 9 for Ham, Leek & Feta Egg Cups	2 7
	<input type="checkbox"/>	4 oz / 110 g butter	4 oz for Cilantro Lime Broccoli 2 TBSP for Salmon	2 6
	<input type="checkbox"/>	½ cup / 4 fl oz heavy cream	2 TBSP for Chicken & Avocado Salad 2 TBSP for Baked Cheese & Bacon Breakfast Pie ¼ cup for Creamy Chicken & Cabbage Casserole 1 TBSP for Warm Turkey & Almond Slaw 2 TBSP for Ham, Leek & Feta Egg Cups	1 2 3 5 7
	<input type="checkbox"/>	2 oz / 55 g mozzarella	Baked Cheese & Bacon Breakfast Pie	2
	<input type="checkbox"/>	2 oz / 55 g full fat cottage cheese	Baked Cheese & Bacon Breakfast Pie	2
	<input type="checkbox"/>	1½ oz / 45 g cheddar cheese	½ oz for Baked Cheese & Bacon Breakfast Pie 1 oz for Creamy Chicken & Cabbage Casserole	2
	<input type="checkbox"/>	6 oz / 170 g feta cheese	4 oz for Ham, Leek & Feta Egg Cups 2 oz for Avocado Feta Salad	7 6
	<input type="checkbox"/>	2 cup / 16 fl oz plain, full-fat Greek yogurt (NOT non-fat)	1 cup for Coconut Lime Yogurt Supreme ¼ cup for Warm Turkey & Almond Slaw ¼ cup for Avocado Feta Salad ⅓ cup for Prawns with Leeks & Lemon Pepper	5 5 6 7
	<input type="checkbox"/>	½ cup / 4 fl oz sour cream	¼ cup for Chicken & Avocado Salad ¼ cup for Avocado Feta Salad	1 6
	<input type="checkbox"/>	2 oz / 55 g cream cheese	Creamy Chicken & Cabbage Casserole	3
Spices / Pantry	<input type="checkbox"/>	chia seeds	2 TBSP for Hot & Nutty “Cereal”	1
	<input type="checkbox"/>	sunflower seeds	2 TBSP for Hot & Nutty “Cereal”	1
	<input type="checkbox"/>	2 oz / 55 g slivered (not flaked) toasted almonds	2 oz for Warm Turkey & Almond Slaw	5
	<input type="checkbox"/>	unsweetened, shredded coconut	4 TBSP for Hot & Nutty “Cereal”	1
	<input type="checkbox"/>	ground flax seeds	2 TBSP for Hot & Nutty “Cereal”	1
	<input type="checkbox"/>	1 oz / 30 g flaked coconut	Coconut Lime Yogurt Supreme	5
	<input type="checkbox"/>	1 cup / 8 fl oz canned unsweetened full-fat thick coconut milk	Coconut Lime Yogurt Supreme	5
	<input type="checkbox"/>	almond meal (ground almonds)	4 TBSP for Hot & Nutty “Cereal”	1
	<input type="checkbox"/>	1½ oz / 45 g egg white powder	1 oz for Hot & Nutty “Cereal” ½ oz for Coconut Lime Yogurt Supreme	1 5
	<input type="checkbox"/>	vanilla extract	1 tsp for Hot & Nutty “Cereal”	1
	<input type="checkbox"/>	pumpkin pie spice (or cinnamon)	2 tsp for Hot & Nutty “Cereal”	1
	<input type="checkbox"/>	xylitol	2 tsp for Hot & Nutty “Cereal” ½ oz for Hot Bacon & Cabbage Slaw 1 TBSP for Coconut Lime Yogurt Supreme	1 4 5
	<input type="checkbox"/>	dried oregano	1 tsp for Baked Cheese & Bacon Breakfast Pie	2
<input type="checkbox"/>	sea salt	Too many to list!	1-7	

This worksheet is provided for readers of **KICKASS KETO: Your 28-Day Quick Start Guide To Health, Fat-Burning, & Weight Loss**

Williamson, Brian; Brown, Carrie; Jay, Rekka; Ketovangelist LLC, publisher; 3 January 2018; 164 pages. Visit kickassketo.org for info



KICKASS KETO

Category	<input checked="" type="checkbox"/>	Ingredient	Used in Recipe(s)	Day
Spices / Pantry (cont'd)	<input type="checkbox"/>	ground black pepper	Too many to list!	1-7
	<input type="checkbox"/>	celery seed	1/8 tsp for Hot Bacon & Cabbage Slaw	4
	<input type="checkbox"/>	lemon pepper	Prawns with Leeks & Lemon Pepper	7
	<input type="checkbox"/>	1/2 cup / 4 fl oz avocado oil	2 TBSP for Steak 1 TBSP for Cilantro Lime Broccoli 1 TBSP for Creamy Chicken & Cabbage Casserole 1 TBSP for Warm Turkey & Almond Slaw 1 TBSP for Ham, Leek & Feta Egg Cups 1 TBSP for Prawns with Leeks & Lemon Pepper	2 2 3 5 7 7
	<input type="checkbox"/>	apple cider vinegar	1 1/2 tsp for Hot Bacon & Cabbage Slaw 1/2 TBSP for Avocado Feta Salad	4 7
	<input type="checkbox"/>	white wine vinegar	Warm Turkey & Almond Slaw	5
	<input type="checkbox"/>	guar gum (for week 2, but look around in case you need to order it)	No More Death by Chocolate Frappe	9
	<input type="checkbox"/>	orange extract (for next week, but you may need to order online)	Orange Pecan Brussels & Cabbage	8
	<input type="checkbox"/>	Whatever choices of Meal 2 Selections you want (write in below)	Meal 2 Selections Called for Meal 2 on day 1, then kept as an 'in case' should you eat more than serving suggestions any other day.	1-7