



LEFTOVERS ARE KICKASS – WEEK 2 SHOPPING LIST

Category	<input checked="" type="checkbox"/>	Ingredient	Used in Recipe(s)	Day
Produce	<input type="checkbox"/>	1 lemon	½ tsp juice for Egg & Bacon Salad 2 TBSP juice for Salmon Avocado Omelet	8 12
	<input type="checkbox"/>	1 orange	zest + juice of ½ for Orange Pecan Brussels & Cabbage	8
	<input type="checkbox"/>	1 avocado	½ for Salmon Avocado Omelet	12
	<input type="checkbox"/>	2 ½ oz / 70 g Brussels sprouts	Orange Pecan Brussels & Cabbage	8
	<input type="checkbox"/>	4 oz / 110 g red pepper	1 ½ oz for Double Pork Fried “Rice” 1 oz for Creamy Cajun Sausage Skillet 1 ½ oz for Crunchy Winter Slaw	9 13
	<input type="checkbox"/>	1 ½ oz / 45 g green pepper	Montana Hash	11
	<input type="checkbox"/>	1 English cucumber	¼ for Celery & Cucumber Salad with Herbs	10
	<input type="checkbox"/>	small package of celery	1 stalk for Celery & Cucumber Salad with Herbs	10
	<input type="checkbox"/>	½ oz / 4 g fresh mint	Celery & Cucumber Salad with Herbs	10
	<input type="checkbox"/>	bag of mixed salad greens	½ bag for Celery & Cucumber Salad with Herbs	10
	<input type="checkbox"/>	fresh garlic	2 cloves for Montana Hash	11
	<input type="checkbox"/>	⅝ oz / 15 g fresh flat-leaf parsley	⅛ oz for Celery & Cucumber Salad with Herbs ½ oz for Crunchy Winter Slaw	10
	<input type="checkbox"/>	fresh rosemary	½ TBSP for Mushroom Risotto	12
	<input type="checkbox"/>	1 scallion (green / spring onion)	Salmon Avocado Omelet	12
	<input type="checkbox"/>	7 ½ oz / 210 g cabbage	2 ½ oz for Orange Pecan Brussels & Cabbage 5 oz for Crunchy Winter Slaw	8 14
	<input type="checkbox"/>	18 oz / 510 g riced cauliflower florets (prepared or process your own)	4 oz for Double Pork Fried “Rice” 5 oz for Montana Hash 5 oz for Mushroom Risotto 4 oz for Creamy Cajun Sausage Skillet	9 11 12 13
	<input type="checkbox"/>	7 ¼ oz / 205 g onion	2 ½ oz for Double Pork Fried “Rice” 1 ¾ oz for Montana Hash 1 oz for Creamy Cajun Sausage Skillet 2 oz for Crunchy Winter Slaw	9 11 13 14
	<input type="checkbox"/>	4 oz / 110 g mushrooms	Mushroom Risotto	12
Meat	<input type="checkbox"/>	¼ lb / 110 g burger patties	1 for Bunless Burger	8
	<input type="checkbox"/>	8 oz / 225 g ground beef (minced beef, aim for 80/20 or fattier)	Montana Hash	11
	<input type="checkbox"/>	1 lamb chop	Lamb Chops	10
	<input type="checkbox"/>	1 pork shoulder	Pork Shoulder	14
	<input type="checkbox"/>	10 oz / 285 g ground pork	8 oz for Double Pork Fried “Rice” 2 oz for Pork Lover’s Scramble	9 14
	<input type="checkbox"/>	8 oz / 225 g cooked sausage	Creamy Cajun Sausage Skillet	13
	<input type="checkbox"/>	1 skin-on chicken thigh (chicken quarter)	Chicken	12
	<input type="checkbox"/>	1 ½ oz / 45 g smoked salmon / lox, very finely sliced	Salmon Avocado Omelet	12



KICKASS KETO

Category	<input checked="" type="checkbox"/>	Ingredient	Used in Recipe(s)	Day
Meat (cont'd)	<input type="checkbox"/>	8 oz / 225 g bacon	4 oz for Egg & Bacon Salad 3 oz for Double Pork Fried "Rice" 1 ½ oz for Pork Lover's Scramble	8 9 14
	<input type="checkbox"/>	1 oz / 15 g ham	Pork Lover's Scramble	14
Dairy	<input type="checkbox"/>	15 eggs	6 for Egg & Bacon Salad 2 for Double Pork Fried "Rice" 1 white for Vanilla Hazelnut Granola 3 for Salmon Avocado Omelet 3 for Pork Lover's Scramble	8 9 11 12 14
	<input type="checkbox"/>	1 ½ oz / 45 g Parmesan cheese, finely grated	Mushroom Risotto	12
	<input type="checkbox"/>	1 oz / 30 g Cheddar cheese	Montana Hash	11
	<input type="checkbox"/>	7 oz / 200 g butter	1 oz for Egg & Bacon Salad 4 oz for Orange Pecan Brussels & Cabbage 2 oz for Vanilla Hazelnut Granola	8 8 11
	<input type="checkbox"/>	¾ cup / 6 fl oz heavy cream	2 TBSP for Egg & Bacon Salad 2 TBSP for Double Pork Fried "Rice" 3 TBSP for Montana Hash ¼ cup for Vanilla Cinnamon Hot Chocolate 1 TBSP for Pork Lover's Scramble	8 9 11 13 14
	<input type="checkbox"/>	4 oz / 110 g cream cheese	1 oz for Double Pork Fried "Rice" 1 oz for Salmon Avocado Omelet 2 oz for Creamy Cajun Sausage Skillet	9 12 13
Spices / Pantry	<input type="checkbox"/>	½ cup / 4 fl oz beef stock	Montana Hash	11
	<input type="checkbox"/>	¼ cup / 2 fl oz chicken stock	Creamy Cajun Sausage Skillet	13
	<input type="checkbox"/>	1 small can tomato paste	1 TBSP Egg & Bacon Salad 1 TBSP for Montana Hash	8 11
	<input type="checkbox"/>	almond milk	½ cup for No More Death by Chocolate Frappe 1 cup for Vanilla Cinnamon Hot Chocolate	9 13
	<input type="checkbox"/>	coffee (ground or cold brew)	½ cup for No More Death by Chocolate Frappe	8
	<input type="checkbox"/>	cayenne pepper	¼ tsp for Creamy Cajun Sausage Skillet	13
	<input type="checkbox"/>	smoked paprika	½ tsp for Creamy Cajun Sausage Skillet	13
	<input type="checkbox"/>	onion powder	¼ tsp for Creamy Cajun Sausage Skillet	13
	<input type="checkbox"/>	dried oregano	¼ tsp for Creamy Cajun Sausage Skillet	13
	<input type="checkbox"/>	dried thyme	¼ tsp for Creamy Cajun Sausage Skillet	13
	<input type="checkbox"/>	1 oz / 30 g pecans	Orange Pecan Brussels & Cabbage	8
	<input type="checkbox"/>	8 oz / 225 g raw hazelnuts	Vanilla Hazelnut Granola	11
	<input type="checkbox"/>	Dijon mustard	1 tsp for Montana Hash 2 tsp for Crunchy Winter Slaw	11 14
	<input type="checkbox"/>	unsweetened cocoa powder	3 TBSP for No More Death by Chocolate Frappe ½ TBSP for Vanilla Cinnamon Hot Chocolate	8 13
	<input type="checkbox"/>	1 ½ oz / 45 g 100% unsweetened chocolate (solid)	1 oz for No More Death by Chocolate Frappe ½ oz for Vanilla Cinnamon Hot Chocolate	8 13
<input type="checkbox"/>	konjac flour (for next week, but you may need to order online)	¼ tsp for Smoky Creamed Mushrooms	17	

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

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KICKASS KETO

Category	<input checked="" type="checkbox"/>	Ingredient	Used in Recipe(s)	Day
Spices / Pantry (cont'd)	<input type="checkbox"/>	5 ½ oz / 155 g raw slivered almonds	4 oz Vanilla Hazelnut Granola 1 ½ oz for Crunchy Winter Slaw	11 14
	<input type="checkbox"/>	3 oz / 85 g raw sunflower seeds	Vanilla Hazelnut Granola	11
	<input type="checkbox"/>	sea salt	Too many to list!	8-14
	<input type="checkbox"/>	ground black pepper	Too many to list!	8-14
	<input type="checkbox"/>	cinnamon	1 tsp for Vanilla Cinnamon Hot Chocolate	13
	<input type="checkbox"/>	orange extract	Orange Pecan Brussels & Cabbage	8
	<input type="checkbox"/>	vanilla extract	4 tsp for Vanilla Hazelnut Granola 2 tsp for Vanilla Cinnamon Hot Chocolate	11 13
	<input type="checkbox"/>	guar gum	¼ tsp for No More Death by Chocolate Frappe	8
	<input type="checkbox"/>	xylitol	4 TBSP for No More Death by Chocolate Frappe 3 oz for Vanilla Hazelnut Granola 2 TBSP for Vanilla Cinnamon Hot Chocolate 1 TBSP for Crunchy Winter Slaw	8 11 13 14
	<input type="checkbox"/>	9 TBSP / 4 ½ fl oz avocado oil	1 TBSP for Celery & Cucumber Salad with Herbs 1 TBSP for Montana Hash 2 TBSP for Chicken 1 TBSP for Mushroom Risotto 1 TBSP for Creamy Cajun Sausage Skillet 3 TBSP for Crunchy Winter Slaw	10 11 12 12 13 14
	<input type="checkbox"/>	apple cider vinegar	2 TBSP for Crunchy Winter Slaw	14