



LEFTOVERS ARE KICKASS WEEK 3 SHOPPING LIST

Category	<input checked="" type="checkbox"/>	Ingredient	Used in Recipe(s)	Day
Produce	<input type="checkbox"/>	fresh cilantro	1 TBSP for Chicken & Avocado Salad	15
	<input type="checkbox"/>	fresh rosemary	1 TBSP for Creamy Chicken & Cabbage Casserole 2 tsp for Warm Turkey & Almond Slaw	18 20
	<input type="checkbox"/>	1 lemon	zest + 2 tsp juice for Creamy Lemon Coconut Cereal 1 TBSP juice for Prawns with Leeks & Lemon Pepper	19 21
	<input type="checkbox"/>	1-2 limes	1 TBSP juice for Chicken & Avocado Salad ¾ tsp juice for Avocado Lime Zoodles 2 tsp juice for Coconut Lime Lassi	15 16 17
	<input type="checkbox"/>	2 avocados	1 for Chicken & Avocado Salad ½ for Avocado Lime Zoodles	15 16
	<input type="checkbox"/>	1 heart Romaine lettuce	To preference for Chicken & Avocado Salad	15
	<input type="checkbox"/>	14 oz / 400 g button mushrooms, whole or quartered	4 oz for Mushroom & Pancetta Frittata 6 oz for Smoky Creamed Mushrooms 4 oz for Prawns with Leeks & Lemon Pepper	16 17 21
	<input type="checkbox"/>	6 oz / 170 g zucchini	6 oz for Avocado Lime Zoodles	16
	<input type="checkbox"/>	14 oz / 400 g leeks	8 oz for Creamy Chicken & Cabbage Casserole 6 oz for Prawns with Leeks & Lemon Pepper	18 21
	<input type="checkbox"/>	5 oz / 140 g Brussels sprouts (shredded, or process your own)	Bacon Parmesan Brussels Sprouts	19
	<input type="checkbox"/>	6 oz / 170 g bag of broccoli slaw (try to find one without carrots)	6 oz for Warm Turkey & Almond Slaw	20
	<input type="checkbox"/>	10 oz / 285 g cabbage	Creamy Chicken & Cabbage Casserole	18
	<input type="checkbox"/>	scallions (green / spring onion)	2 for Chicken & Avocado Salad ½ for Avocado Lime Zoodles	15 16
	Meat	<input type="checkbox"/>	1½ lb / 680 g boneless chicken (dark meat is best)	½ lb for Chicken & Avocado Salad 1 lb for for Creamy Chicken & Cabbage Casserole
<input type="checkbox"/>		1 skin-on chicken thigh (chicken quarter)	Chicken	19
<input type="checkbox"/>		1 steak	Steak	17
<input type="checkbox"/>		4 oz / 110 g Pancetta	Mushroom & Pancetta Frittata	16
<input type="checkbox"/>		7 oz smoked deli turkey	Warm Turkey & Almond Slaw	20
<input type="checkbox"/>		1 fillet salmon	Salmon	16
<input type="checkbox"/>		12 oz / 340 g prawns, pre-cooked, deveined, tail-off	Prawns with Leeks & Lemon Pepper	21
<input type="checkbox"/>		6 oz / 170 g bacon	4 oz for Chicken & Avocado Salad 2 oz for Bacon Parmesan Brussels Sprouts	15 19
Dairy	<input type="checkbox"/>	¼ cup / 2 fl oz sour cream	Chicken & Avocado Salad	15
	<input type="checkbox"/>	2 cups / 16 fl oz plain, full-fat Greek yogurt (NOT non-fat)	½ cup for Coconut Lime Lassi 1 cup for Creamy Lemon Coconut Cereal ¼ cup for Warm Turkey & Almond Slaw ⅓ cup for Prawns with Leeks & Lemon Pepper	17 19 20 21



Category	<input checked="" type="checkbox"/>	Ingredient	Used in Recipe(s)	Day
Dairy (cont'd)	<input type="checkbox"/>	1 ½ cup + 1 TBSP / 12 ½ fl oz heavy cream	2 TBSP for Chicken & Avocado Salad 2 TBSP for Mushroom & Pancetta Frittata 8 TBSP for Smoky Creamed Mushrooms 4 TBSP for Creamy Chicken & Cabbage Casserole 1 TBSP for Warm Turkey & Almond Slaw	15 16 17 18 20
	<input type="checkbox"/>	9 ¾ oz / 275 g butter	1 oz for Salmon 4 oz for Avocado Lime Zoodles ¾ oz for Smoky Creamed Mushrooms 4 oz for Bacon Parmesan Brussels Sprouts	16 16 17 19
	<input type="checkbox"/>	8 eggs	Mushroom & Pancetta Frittata	16
	<input type="checkbox"/>	2 oz / 55 g Cheddar cheese	1 oz for Mushroom & Pancetta Frittata 1 oz for Creamy Chicken & Cabbage Casserole	16 18
	<input type="checkbox"/>	½ oz / 14 g Parmesan cheese, finely grated	Bacon Parmesan Brussels Sprouts	19
	<input type="checkbox"/>	2 oz / 55 g cream cheese	Creamy Chicken & Cabbage Casserole	18
Spices / Pantry	<input type="checkbox"/>	ground nutmeg	1 tsp for Pecan Nutmeg "Oatmeal"	15
	<input type="checkbox"/>	2 oz / 55 g egg white powder	1 oz for Pecan Nutmeg "Oatmeal" 1 oz for Creamy Lemon Coconut Cereal	15 19
	<input type="checkbox"/>	¼ cup / 2 fl oz chicken stock	Smoky Creamed Mushrooms	17
	<input type="checkbox"/>	6 TBSP unsweetened, shredded coconut	2 TBSP for Pecan Nutmeg "Oatmeal" 4 TBSP for Creamy Lemon Coconut Cereal	15 19
	<input type="checkbox"/>	½ cup / 4 fl oz canned unsweetened full-fat thick coconut milk	Coconut Lime Lassi	17
	<input type="checkbox"/>	chia seeds	2 TBSP for Pecan Nutmeg "Oatmeal" 1 TBSP for Creamy Lemon Coconut Cereal	15 19
	<input type="checkbox"/>	sunflower seeds	4 TBSP for Pecan Nutmeg "Oatmeal" 2 TBSP for Creamy Lemon Coconut Cereal	15 19
	<input type="checkbox"/>	2 oz / 55 g slivered almonds	Warm Turkey & Almond Slaw	20
	<input type="checkbox"/>	¼ cup / 2 fl oz almond milk	Creamy Lemon Coconut Cereal	19
	<input type="checkbox"/>	½ cup / 4 fl oz avocado oil	1 TBSP for Avocado Lime Zoodles 2 TBSP for Steak 1 TBSP for Creamy Chicken & Cabbage Casserole 2 TBSP for Chicken 1 TBSP for Warm Turkey & Almond Slaw 1 TBSP for Prawns with Leeks & Lemon Pepper	16 17 18 19 20 21
	<input type="checkbox"/>	white wine vinegar	1 TBSP for Warm Turkey & Almond Slaw	20
	<input type="checkbox"/>	vanilla extract	1 tsp for Pecan Nutmeg "Oatmeal"	15
	<input type="checkbox"/>	dried oregano	1 tsp for Mushroom & Pancetta Frittata	16
	<input type="checkbox"/>	onion powder	½ tsp for Bacon Parmesan Brussels Sprouts	19
	<input type="checkbox"/>	lemon pepper	Prawns with Leeks & Lemon Pepper	21
	<input type="checkbox"/>	sea salt	Too many to list!	15-21
<input type="checkbox"/>	ground black pepper	Too many to list!	15-21	
<input type="checkbox"/>	smoked paprika	¾ tsp for Smoky Creamed Mushrooms	17	



**KICKASS
KETO**

Category	<input checked="" type="checkbox"/>	Ingredient	Used in Recipe(s)	Day
Spices / Pantry (cont'd)	<input type="checkbox"/>	xylitol	2 tsp for Pecan Nutmeg "Oatmeal" 1 TBSP for Coconut Lime Lassi 1 TBSP for Creamy Lemon Coconut Cereal	15 17 19
	<input type="checkbox"/>	konjac flour	¼ tsp for Smoky Creamed Mushrooms	17
	<input type="checkbox"/>	pecans	6 tbsp for Pecan Nutmeg "Oatmeal"	15