



LEFTOVERS ARE KICKASS WEEK 4 SHOPPING LIST

Category	<input checked="" type="checkbox"/>	Ingredient	Used in Recipe(s)	Day
Produce	<input type="checkbox"/>	1 head butter or Bibb lettuce	Avocado & Walnut Salad	22
	<input type="checkbox"/>	fresh flat-leaf parsley	1 TBSP for Avocado & Walnut Salad	22
	<input type="checkbox"/>	fresh chives	A handful for Leek & Cauliflower Risotto	26
	<input type="checkbox"/>	fresh rosemary	1 TBSP for Rosemary Olive Cabbage	24
	<input type="checkbox"/>	2 avocados	1 for for Avocado & Walnut Salad ½ for for Salmon Avocado Omelet	22 27
	<input type="checkbox"/>	1-2 lemons	2 TBSP juice for Salmon Avocado Omelet zest + juice for Lemon Hazelnut Leeks	27 28
	<input type="checkbox"/>	fresh garlic	2 cloves for Montana Hash	25
	<input type="checkbox"/>	5 ¼ oz / 150 g white onion	2 ½ oz for Double Pork Fried "Rice" 1 ¾ oz for Montana Hash 1 oz for Creamy Cajun Sausage Skillet	23 25 27
	<input type="checkbox"/>	1 scallion (green / spring onion)	Salmon Avocado Omelet	27
	<input type="checkbox"/>	16 oz / 455 g leeks	8 oz for Leek & Cauliflower Risotto 8 oz for Lemon Hazelnut Leeks	26 28
	<input type="checkbox"/>	21 oz / 595 g riced cauliflower florets (pre-prepared or process your own)	4 oz for Double Pork Fried "Rice" 5 oz for Montana Hash 8 oz for Leek & Cauliflower Risotto 4 oz for Creamy Cajun Sausage Skillet	23 25 26 27
	<input type="checkbox"/>	5 oz / 140 g cabbage	Rosemary Olive Cabbage	24
	<input type="checkbox"/>	1 ½ oz / 45 g green pepper	1 ½ oz for Montana Hash	25
	<input type="checkbox"/>	1 ½ oz / 45 g red pepper	1 ½ oz for Double Pork Fried "Rice" 1 oz for Creamy Cajun Sausage Skillet	23 27
	Meat	<input type="checkbox"/>	¼ lb / 110 g burger patties	1 for Bunless Burgers
<input type="checkbox"/>		1 ½ oz / 45 g smoked salmon / lox, very finely sliced	Salmon Avocado Omelet	27
<input type="checkbox"/>		cooked sausage	8 oz for Creamy Cajun Sausage Skillet	27
<input type="checkbox"/>		8 oz / 225 g ground beef (minced beef)	Montana Hash	25
<input type="checkbox"/>		10 oz / 285 g ground pork	8 oz for Double Pork Fried "Rice" 2 oz for Pork Lover's Scramble	23 25
<input type="checkbox"/>		1 pork shoulder chop	Pork Shoulder	24
<input type="checkbox"/>		1 pork chop	Pork Chops	28
<input type="checkbox"/>		1 lamb chop	Lamb Chops	26
<input type="checkbox"/>		4 ½ oz / 130 g bacon	3 oz for Double Pork Fried "Rice" 1 ½ oz for Pork Lover's Scramble	23 25
<input type="checkbox"/>	1 oz / 30 g ham	Pork Lover's Scramble	25	
Dairy	<input type="checkbox"/>	8 eggs	2 for Double Pork Fried "Rice" 3 for Pork Lover's Scramble 3 for Salmon Avocado Omelet	23 25 27
	<input type="checkbox"/>	8 oz / 225 g butter	4 oz for Rosemary Olive Cabbage 4 oz for Lemon Hazelnut Leeks	24 28



KICKASS KETO

Category	<input checked="" type="checkbox"/>	Ingredient	Used in Recipe(s)	Day
Dairy (cont'd)	<input type="checkbox"/>	¾ cup / 6 fl oz heavy cream	2 TBSP for Double Pork Fried "Rice" 1 TBSP for Pork Lover's Scramble 3 TBSP for Montana Hash 4 TBSP for Vanilla Cinnamon Hot Chocolate	23 25 25 28
	<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	23 27 27
	<input type="checkbox"/>	1 oz / 30 g Cheddar cheese	Montana Hash	25
Spices / Pantry	<input type="checkbox"/>	extra virgin olive oil	4 TBSP for Avocado & Walnut Salad	22
	<input type="checkbox"/>	2 oz / 55 g black olives, pitted and chopped	Rosemary Olive Cabbage	24
	<input type="checkbox"/>	small can tomato paste	1 TBSP for Montana Hash	25
	<input type="checkbox"/>	½ cup / 4 fl oz beef stock	Montana Hash	25
	<input type="checkbox"/>	¾ cup / 6 fl oz chicken stock	½ cup for Leek & Cauliflower Risotto ¼ cup for Creamy Cajun Sausage Skillet	26 27
	<input type="checkbox"/>	2 oz / 55 g shelled walnuts	Avocado & Walnut Salad	22
	<input type="checkbox"/>	2 ¾ oz / 80 g hazelnuts	Lemon Hazelnut Leeks	28
	<input type="checkbox"/>	xylitol	1 ½ TBSP for Avocado & Walnut Salad 4 TBSP for No More Death by Chocolate Frappe 2 TBSP for Vanilla Cinnamon Hot Chocolate	22 26 28
	<input type="checkbox"/>	guar gum	¼ tsp for No More Death by Chocolate Frappe	26
	<input type="checkbox"/>	unsweetened cocoa powder	3 TBSP for No More Death by Chocolate Frappe ½ TBSP for Vanilla Cinnamon Hot Chocolate	26 28
	<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	26 28
	<input type="checkbox"/>	1 ½ cup / 12 fl oz unsweetened almond milk	½ cup for No More Death by Chocolate Frappe 1 cup for Vanilla Cinnamon Hot Chocolate	26 28
	<input type="checkbox"/>	sea salt	Too many to list!	22-28
	<input type="checkbox"/>	ground black pepper	Too many to list!	22-28
	<input type="checkbox"/>	dried oregano	¼ tsp for Avocado & Walnut Salad ¼ tsp for Creamy Cajun Sausage Skillet	22 27
	<input type="checkbox"/>	cayenne pepper	¼ tsp for Creamy Cajun Sausage Skillet	27
	<input type="checkbox"/>	smoked paprika	½ tsp for Creamy Cajun Sausage Skillet	27
	<input type="checkbox"/>	onion powder	¼ tsp for Creamy Cajun Sausage Skillet	27
	<input type="checkbox"/>	dried thyme	¼ tsp for Creamy Cajun Sausage Skillet	27
	<input type="checkbox"/>	ground cinnamon	1 tsp for Vanilla Cinnamon Hot Chocolate	28
	<input type="checkbox"/>	vanilla extract	2 tsp for Vanilla Cinnamon Hot Chocolate	28
	<input type="checkbox"/>	Dijon mustard	1 tsp for Montana Hash	25
	<input type="checkbox"/>	¼ cup / 2 fl oz avocado oil	1 TBSP for Montana Hash 1 TBSP for Leek & Cauliflower Risotto 1 TBSP for Creamy Cajun Sausage Skillet 1 TBSP for Lemon Hazelnut Leeks	25 26 27 28
	<input type="checkbox"/>	white wine vinegar	2 TBSP for Avocado & Walnut Salad	22
<input type="checkbox"/>	coffee (ground or cold brew)	½ cup for No More Death by Chocolate Frappe	26	

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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