



KICKASS KETO

VARIETY IS KICKASS – WEEK 1 SHOPPING LIST

Category	<input checked="" type="checkbox"/>	Ingredient	Used in Recipe(s)	Day
Produce	<input type="checkbox"/>	2 ½ TBSP fresh cilantro	1 TBSP for Chicken & Avocado Salad 1 ½ TBSP for Cilantro Lime Broccoli	1 6
	<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 3
	<input type="checkbox"/>	2-4 limes	1 TBSP juice for Chicken & Avocado Salad ½ TBSP juice for Avocado Feta Salad zest of 1 + 4 tsp juice for Coconut Lime Yogurt Supreme zest of 1 + 1 TBSP juice for Cilantro Lime Broccoli	1 2 4 6
	<input type="checkbox"/>	1 lemon	½ tsp juice for Egg & Bacon Salad 1 TBSP juice for Prawns with Leeks & Lemon Pepper	6 7
	<input type="checkbox"/>	3 avocados	1 for Chicken & Avocado Salad ½ for Avocado Feta Salad ½ for Meal 2	1 2 6
	<input type="checkbox"/>	1 heart of romaine lettuce	To preference for Chicken & Avocado Salad	1
	<input type="checkbox"/>	4 oz / 110 g riced cauliflower florets (prepared or process your own)	Baked Cheese & Bacon Breakfast Pie	2
	<input type="checkbox"/>	¼ oz / 7 g fresh flat-leaf parsley	Avocado Feta Salad	2
	<input type="checkbox"/>	fresh basil	2 large leaves for Avocado Feta Salad	2
	<input type="checkbox"/>	1 bag of mixed lettuce greens	To preference for Avocado Feta Salad	2
	<input type="checkbox"/>	1 English cucumber	Avocado Feta Salad	2
	<input type="checkbox"/>	1 ¾ oz / 50 g snow peas	Avocado Feta Salad	2
	<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 4 7
	<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"/>	2 ⅔ TBSP fresh rosemary	1 TBSP for Creamy Chicken & Cabbage Casserole 1 TBSP for Ham, Leek & Feta Egg Cups 2 tsp for Warm Turkey & Almond Slaw	3 7 5
	<input type="checkbox"/>	2 ½ oz / 70 g onion	Hot Bacon & Cabbage Slaw	4
	<input type="checkbox"/>	11 oz / 310g bag of broccoli slaw (try to find one without carrots)	6 oz for Warm Turkey & Almond Slaw 5 oz for Cilantro Lime Broccoli	5 6
	<input type="checkbox"/>	1 small package celery stalks	To preference for Meal 2	7
	<input type="checkbox"/>	4 oz / 110 g mushrooms	Prawns with Leeks & Lemon Pepper	7
	Meat	<input type="checkbox"/>	11 oz / 310 g bacon	2 oz for Baked Cheese & Bacon Breakfast Pie 4 oz for Chicken & Avocado Salad 1 slice for Hot Bacon & Cabbage Slaw 4 oz for Egg & Bacon Salad
<input type="checkbox"/>		6 oz / 170 g ham	Ham, Leek & Feta Egg Cups	7
<input type="checkbox"/>		7 oz / 200 g packet smoked deli turkey	Warm Turkey & Almond Slaw	5
<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



Category	<input checked="" type="checkbox"/>	Ingredient	Used in Recipe(s)	Day	
Meat (cont'd)	<input type="checkbox"/>	1 pork chop	Pork chops	4	
	<input type="checkbox"/>	1 steak	Steak	6	
	<input type="checkbox"/>	12 oz / 340 g prawns (shrimp) pre-cooked, de-veined, tail-off	Prawns with Leeks & Lemon Pepper	7	
	<input type="checkbox"/>	1 salmon fillet	Salmon	2	
Dairy	<input type="checkbox"/>	½ cup / 4 fl oz sour cream	¼ cup for Chicken & Avocado Salad ¼ cup for Avocado Feta Salad	1 2	
	<input type="checkbox"/>	1 cup / 8 fl oz heavy cream	2 tsp for Chicken & Avocado Salad 2 TBSP for Baked Cheese & Bacon Breakfast Pie ¼ cup for Creamy Chicken & Cabbage Casserole ¼ cup for Vanilla Cinnamon Hot Chocolate 1 TBSP for Warm Turkey & Almond Slaw 2 TBSP for Egg & Bacon Salad 2 TBSP for Ham, Leek & Feta Egg Cups	1 2 3 4 5 6 7	
	<input type="checkbox"/>	string cheese	Meal 2	2	
	<input type="checkbox"/>	20 eggs	3 for Baked Cheese & Bacon Breakfast Pie 1 egg white for Vanilla Hazelnut Granola 1 for Meal 2 6 for Egg & Bacon Salad 9 for Ham, Leek & Feta Egg Cups	2 3 4 6 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 3	
	<input type="checkbox"/>	2 cup / 16 fl oz plain, full-fat Greek yogurt (NOT non-fat)	¼ cup for Avocado Feta Salad 1 cup for Coconut Lime Yogurt Supreme ¼ cup for Warm Turkey & Almond Slaw ⅓ cup for Prawns with Leeks & Lemon Pepper	2 4 5 7	
	<input type="checkbox"/>	8 oz / 225 g (1 stick) butter	1 oz for Salmon 2 oz for Vanilla Hazelnut Granola 1 oz for Egg & Bacon Salad 4 oz for Cilantro Lime Broccoli	2 3 6 6	
	<input type="checkbox"/>	2 oz / 55 g cream cheese	Creamy Chicken & Cabbage Casserole To preference for Meal 2	3 7	
	<input type="checkbox"/>	6 oz / 170 g feta cheese	2 oz for Avocado Feta Salad 4 oz for Ham, Leek & Feta Egg Cups	2 7	
	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"/>		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"/>		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 4	



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Category	<input checked="" type="checkbox"/>	Ingredient	Used in Recipe(s)	Day
Spices / Pantry (cont'd)	<input type="checkbox"/>	xylitol	2 tsp for Hot & Nutty "Cereal" 3 oz / 85 g for Vanilla Hazelnut Granola 2 TBSP for Vanilla Cinnamon Hot Chocolate 1 TBSP for Coconut Lime Yogurt Supreme ½ oz for Ham, Leek & Feta Egg Cups	1 3 4 5 7
	<input type="checkbox"/>	Macadamia nuts (dry roasted)	Meal 2	1
	<input type="checkbox"/>	almonds	Meal 2	3
	<input type="checkbox"/>	8 oz / 225 g raw hazelnuts	Vanilla Hazelnut Granola	3
	<input type="checkbox"/>	6 oz / 170 g raw slivered almonds	4 oz for Vanilla Hazelnut Granola 2 oz for Warm Turkey & Almond Slaw	3 5
	<input type="checkbox"/>	3 oz / 85 g raw sunflower seeds	Vanilla Hazelnut Granola	3
	<input type="checkbox"/>	sea salt	Too many to list!	1-7
	<input type="checkbox"/>	ground black pepper	Too many to list!	1-7
	<input type="checkbox"/>	dried oregano	1 tsp for Baked Cheese & Bacon Breakfast Pie	2
	<input type="checkbox"/>	lemon pepper	Prawns with Leeks & Lemon Pepper	7
	<input type="checkbox"/>	celery seed	⅛ tsp for Ham, Leek & Feta Egg Cups	7
	<input type="checkbox"/>	ground cinnamon	1 tsp for Vanilla Cinnamon Hot Chocolate	4
	<input type="checkbox"/>	pumpkin pie spice (or cinnamon)	2 tsp of Hot & Nutty "Cereal"	1
	<input type="checkbox"/>	vanilla extract	1 tsp for Hot & Nutty "Cereal" 4 tsp for Vanilla Hazelnut Granola 2 tsp for Vanilla Cinnamon Hot Chocolate	1 3 4
	<input type="checkbox"/>	apple cider vinegar	½ TBSP for Avocado Feta Salad 1 ½ tsp for Hot Bacon & Cabbage Slaw	2 4
	<input type="checkbox"/>	7 TBSP / 3 ½ fl oz avocado oil	1 TBSP for Creamy Chicken & Cabbage Casserole 1 TBSP for Warm Turkey & Almond Slaw 1 TBSP for Cilantro Lime Broccoli 2 TBSP for Steak 1 TBSP for Prawns with Leeks & Lemon Pepper 1 TBSP for Ham, Leek & Feta Egg Cups	3 5 6 6 7 7
	<input type="checkbox"/>	1 cup / 8 fl oz canned unsweetened full-fat thick coconut milk	Coconut Lime Yogurt Supreme	4
	<input type="checkbox"/>	1 oz / 30 g flaked coconut	Coconut Lime Yogurt Supreme	4
	<input type="checkbox"/>	coffee (ground or cold brew)	Meal 2	4
	<input type="checkbox"/>	white wine vinegar	1 TBSP for Warm Turkey & Almond Slaw	5
	<input type="checkbox"/>	tomato paste	1 TBSP for Egg & Bacon Salad	6
	<input type="checkbox"/>	1 cup / 8 fl oz unsweetened almond milk	Vanilla Cinnamon Hot Chocolate	4
	<input type="checkbox"/>	unsweetened cocoa powder	½ TBSP for Vanilla Cinnamon Hot Chocolate	4
	<input type="checkbox"/>	100% unsweetened chocolate (solid)	Vanilla Cinnamon Hot Chocolate	4
	<input type="checkbox"/>	konjac flour (for next week, but you may need to order online)	¼ tsp for Smoky Creamed Mushrooms	8
	<input type="checkbox"/>	guar gum (for next week, but you may need to order online)	¼ tsp for 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	12

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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