



## VARIETY IS KICKASS – WEEK 2 SHOPPING LIST

Category	<input checked="" type="checkbox"/>	Ingredient	Used in Recipe(s)	Day
Produce	<input type="checkbox"/>	10 oz / 285 g button mushrooms, whole or quartered	6 oz for Smoky Creamed Mushrooms 4 oz for Mushroom & Pancetta Frittata	8 13
	<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 14
	<input type="checkbox"/>	1 ½ oz / 45 g green pepper	Montana Hash	11
	<input type="checkbox"/>	2 ½ oz / 70 g Brussels sprouts	Orange Pecan Brussels & Cabbage	12
	<input type="checkbox"/>	1 avocado	½ for Salmon Avocado Omelet	14
	<input type="checkbox"/>	1 orange	zest + juice of ½ for Orange Pecan Brussels & Cabbage	12
	<input type="checkbox"/>	1 lemon	zest + 2 tsp juice for Creamy Lemon Coconut Cereal 2 TBSP juice for Salmon Avocado Omelet	10 14
	<input type="checkbox"/>	1 lime	2 tsp juice for Coconut Lime Lassi	11
	<input type="checkbox"/>	⅛ oz / 4 g fresh mint	Celery & Cucumber Salad with Herbs	10
	<input type="checkbox"/>	fresh garlic	2 cloves for Montana Hash	11
	<input type="checkbox"/>	7 ½ oz / 210 g cabbage	2 ½ oz for Orange Pecan Brussels & Cabbage 5 oz for Crunchy Winter Slaw	12 14
	<input type="checkbox"/>	1 bag mixed lettuce greens	½ bag for Celery & Cucumber Salad with Herbs	10
	<input type="checkbox"/>	English cucumber	¼ for Celery & Cucumber Salad with Herbs	10
	<input type="checkbox"/>	celery	1 stalk for Celery & Cucumber Salad with Herbs	10
	<input type="checkbox"/>	7 ¼ oz / 205 g white 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"/>	scallions (green / spring onions)	1 for Salmon Avocado Omelet	14
	<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 14
	<input type="checkbox"/>	13 oz / 365 g riced cauliflower florets (prepared or process your own)	4 oz for Double Pork Fried "Rice" 5 oz for Montana Hash 4 oz for Creamy Cajun Sausage Skillet	9 11 13
	Meat	<input type="checkbox"/>	10 oz / 280 g ground pork	2 oz for Pork Lover's Scramble 8 oz for Double Pork Fried "Rice"
<input type="checkbox"/>		8 oz / 225 g ground beef (minced beef)	Montana Hash	11
<input type="checkbox"/>		¼ lb / 110 g burger patties	1 for Bunless Burgers	14
<input type="checkbox"/>		1 oz / 30 g ham	Pork Lover's Scramble	8
<input type="checkbox"/>		4 ½ oz / 130 g bacon	1 ½ oz for Pork Lover's Scramble 3 oz for Double Pork Fried "Rice"	8 9
<input type="checkbox"/>		1 lamb chop	Lamb Chops	10
<input type="checkbox"/>		1 pork shoulder chop	Pork Shoulder	12
<input type="checkbox"/>		skin-on chicken thigh (chicken quarter)	Chicken	8
<input type="checkbox"/>		8 oz / 225 g cooked sausage	Creamy Cajun Sausage Skillet	13



# KICKASS KETO

Category	<input checked="" type="checkbox"/>	Ingredient	Used in Recipe(s)	Day
Meat (cont'd)	<input type="checkbox"/>	1 ½ oz / 45 g smoked salmon / lox, very thinly sliced	Salmon Avocado Omelet	14
	<input type="checkbox"/>	sliced deli meats (your choice, mind the ingredients)	Meal 2	10
	<input type="checkbox"/>	sliced salami	Meal 2	12
	<input type="checkbox"/>	4 oz / 110 g Pancetta	Mushroom & Pancetta Frittata	13
	<input type="checkbox"/>	jerky (mind the ingredients)	Meal 2 (alternative to Greek yogurt)	11
Dairy	<input type="checkbox"/>	16 eggs	3 for Pork Lover's Scramble 2 for Double Pork Fried "Rice" 8 for Mushroom & Pancetta Frittata 3 for Salmon Avocado Omelet	8 9 13 14
	<input type="checkbox"/>	¾ cup / 12 fl oz heavy cream	1 TBSP for Pork Lover's Scramble ¼ cup for Smoky Creamed Mushrooms 2 TBSP for Double Pork Fried "Rice" 3 TBSP for Montana Hash 2 TBSP for Mushroom & Pancetta Frittata	8 8 9 11 13
	<input type="checkbox"/>	4 oz / 110 g cream cheese	1 oz for Double Pork Fried "Rice" 2 oz for Creamy Cajun Sausage Skillet 1 oz for Salmon Avocado Omelet	9 13 14
	<input type="checkbox"/>	¾ oz / 20 g butter	Smoky Creamed Mushrooms	8
	<input type="checkbox"/>	2 oz / 55 g Cheddar cheese	1 oz for Montana Hash 1 oz for Mushroom & Pancetta Frittata	11 13
	<input type="checkbox"/>	2 cups / 16 fl oz plain, full-fat Greek yogurt (NOT non-fat)	1 cup for Creamy Lemon Coconut Cereal Meal 2 (alternative to jerky) ½ cup for Coconut Lime Lassi	10 11 11
	<input type="checkbox"/>			
Spices / Pantry	<input type="checkbox"/>	½ cup / 4 fl oz chicken stock	¼ cup for Smoky Creamed Mushrooms ¼ cup for Creamy Cajun Sausage Skillet	8 13
	<input type="checkbox"/>	½ cup / 4 fl oz beef stock	½ cup for Montana Hash	11
	<input type="checkbox"/>	1 small can tomato paste	1 TBSP for Montana Hash	11
	<input type="checkbox"/>	Dijon mustard	1 tsp for Montana Hash 2 tsp for Crunchy Winter Slaw	11 14
	<input type="checkbox"/>	smoked paprika	¼ tsp for Smoky Creamed Mushrooms ½ tsp for Creamy Cajun Sausage Skillet	8 13
	<input type="checkbox"/>	onion powder	¼ tsp for Creamy Cajun Sausage Skillet	13
	<input type="checkbox"/>	dried thyme	¼ tsp for Creamy Cajun Sausage Skillet	13
	<input type="checkbox"/>	cayenne pepper	¼ tsp for Creamy Cajun Sausage Skillet	13
	<input type="checkbox"/>	ground nutmeg	1 tsp for Pecan Nutmeg "Oatmeal"	12
	<input type="checkbox"/>	2 oz / 55 g egg white powder	1 oz for Creamy Lemon Coconut Cereal 1 oz for Pecan Nutmeg "Oatmeal"	10 12
	<input type="checkbox"/>	pecans	6 TBSP for Pecan Nutmeg "Oatmeal" 1 oz for Orange Pecan Brussels & Cabbage	12 12
	<input type="checkbox"/>	½ cup / 4 fl oz canned unsweetened full-fat thick coconut milk	Coconut Lime Lassi	13



Category	<input checked="" type="checkbox"/>	Ingredient	Used in Recipe(s)	Day
Spices / Pantry (cont'd)	<input type="checkbox"/>	pork rinds (ingredients should read: "pork, salt")	Meal 2	13
	<input type="checkbox"/>	avocado oil	2 TBSP for Chicken 1 TBSP for Celery & Cucumber Salad with Herbs 1 TBSP for Montana Hash 1 TBSP for Creamy Cajun Sausage Skillet 3 TBSP for Crunchy Winter Slaw	8 10 11 13 14
	<input type="checkbox"/>	apple cider vinegar	2 TBSP for Crunchy Winter Slaw	14
	<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"/>	dried oregano	1 tsp for Mushroom & Pancetta Frittata ¼ tsp for Creamy Cajun Sausage Skillet	13 13
	<input type="checkbox"/>	canned sardines or salmon	Meal 2	8
	<input type="checkbox"/>	1 oz / 30 g 100% unsweetened chocolate (solid)	No More Death by Chocolate Frappe	9
	<input type="checkbox"/>	3 TBSP unsweetened cocoa powder	No More Death by Chocolate Frappe	9
	<input type="checkbox"/>	xylitol	4 TBSP for No More Death by Chocolate Frappe 1 TBSP for Creamy Lemon Coconut Cereal 1 TBSP for Coconut Lime Lassi 2 tsp for Pecan Nutmeg "Oatmeal" 1 TBSP for Crunchy Winter Slaw	9 10 11 12 14
	<input type="checkbox"/>	Macadamia nuts	Meal 2	14
	<input type="checkbox"/>	1 ½ oz / 45 g slivered almonds	Crunchy Winter Slaw	14
	<input type="checkbox"/>	sunflower seeds	2 TBSP for Creamy Lemon Coconut Cereal 4 TBSP for Pecan Nutmeg "Oatmeal"	10 12
	<input type="checkbox"/>	unsweetened, shredded coconut	2 TBSP for Pecan Nutmeg "Oatmeal"	12
	<input type="checkbox"/>	chia seeds	2 TBSP for Creamy Lemon Coconut Cereal 4 TBSP for Pecan Nutmeg "Oatmeal"	10 12
	<input type="checkbox"/>	vanilla extract	1 tsp for Pecan Nutmeg "Oatmeal"	12
	<input type="checkbox"/>	¾ cup / 6 fl oz unsweetened almond milk	½ cup for No More Death by Chocolate Frappe ¼ cup for Creamy Lemon Coconut Cereal	9 10
	<input type="checkbox"/>	coffee (ground or cold brew)	½ cup for No More Death by Chocolate Frappe	9
	<input type="checkbox"/>	guar gum	¼ tsp for No More Death by Chocolate Frappe	9
	<input type="checkbox"/>	konjac flour	¼ tsp for Smoky Creamed Mushrooms	8
	<input type="checkbox"/>	orange extract (for next week, but you may need to order online)	Orange Pecan Brussels & Cabbage	8