



VARIETY IS KICKASS – WEEK 3 SHOPPING LIST

Category	<input checked="" type="checkbox"/>	Ingredient	Used in Recipe(s)	Day	
Produce	<input type="checkbox"/>	3 avocados	1 for Chicken & Avocado Salad ½ for Avocado Lime Zoodles ½ for Meal 2 1 for Avocado & Walnut Salad	15 16 19 20	
	<input type="checkbox"/>	1-2 limes	1 TBSP juice for Chicken & Avocado Salad ¾ tsp for Avocado Lime Zoodles zest + 4 tsp juice for Coconut Lime Yogurt Supreme	15 16 19	
	<input type="checkbox"/>	1-2 lemons	zest + juice of ½ for Lemon Hazelnut Leeks ½ tsp juice for Egg & Bacon Salad 1 TBSP for Prawns With Leeks & Lemon Pepper	18 20 21	
	<input type="checkbox"/>	1 heart Romaine lettuce	To preference for Chicken & Avocado Salad	15	
	<input type="checkbox"/>	1 hear butter or Bibb lettuce	Avocado & Walnut Salad	20	
	<input type="checkbox"/>	4 oz / 110 g riced cauliflower florets (prepared or process your own)	Baked Cheese & Bacon Breakfast Pie	16	
	<input type="checkbox"/>	bag of broccoli slaw (find one w/out carrots)	6 oz for Warm Turkey & Almond Slaw	19	
	<input type="checkbox"/>	6 oz / 170 g zucchini	Avocado Lime Zoodles	16	
	<input type="checkbox"/>	4 oz / 110 g mushrooms	Prawns with Leeks & Lemon Pepper	21	
	<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 1 TBSP for Ham, Leek & Feta Egg Cups	17 19 21	
	<input type="checkbox"/>	fresh flat-leaf parsley	1 TBSP for Avocado & Walnut Salad	20	
	<input type="checkbox"/>	5 scallions (green / spring onion)	2 for Chicken & Avocado Salad 2 for Baked Cheese & Bacon Breakfast Pie ½ for Avocado Lime Zoodles	15 16 16	
	<input type="checkbox"/>	28 oz / 795 g leeks	8 oz for Creamy Chicken & Cabbage Casserole 8 oz for Lemon Hazelnut Leeks 6 oz for Ham, Leek & Feta Egg Cups 6 oz for Prawns with Leeks & Lemon Pepper	17 18 21 21	
	<input type="checkbox"/>	10 oz / 280 g cabbage	10 oz for Creamy Chicken & Cabbage Casserole	17	
	<input type="checkbox"/>	small package celery	Meal 2	20	
	Meat	<input type="checkbox"/>	1 ½ lb / 680 g boneless chicken (dark meat is best)	½ lb for Chicken & Avocado Salad 1 lb for Creamy Chicken & Cabbage Casserole	15 17
		<input type="checkbox"/>	1 steak	Steak	20
<input type="checkbox"/>		1 pork chop	Pork Chops	18	
<input type="checkbox"/>		7 oz / 200 g smoked deli turkey	Warm Turkey & Almond Slaw	19	
<input type="checkbox"/>		10 oz / 285 g bacon	4 oz for Chicken & Avocado Salad 2 oz for Baked Cheese & Bacon Breakfast Pie 4 oz for Egg & Bacon Salad	15 16 20	
<input type="checkbox"/>		6 oz / 170 g ham	Ham, Leek & Feta Egg Cups	21	
<input type="checkbox"/>		1 salmon fillet	Salmon	16	
<input type="checkbox"/>		12 oz / 340 g prawns (shrimp) pre-cooked, de-veined, tail-off	Prawns With Leeks & Lemon Pepper	21	
<input type="checkbox"/>		1 can sardines or salmon	Meal 2	21	

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

Williamson, Brian; Brown, Carrie; Jay, Rekka; Ketovangelist LLC, publisher; 3 January 2018; 164 pages. Visit kickassketo.org for info



KICKASS KETO

Category	<input checked="" type="checkbox"/>	Ingredient	Used in Recipe(s)	Day	
Dairy	<input type="checkbox"/>	string cheese	Meal 2	15	
	<input type="checkbox"/>	2 oz / 55 g mozzarella	Baked Cheese & Bacon Breakfast Pie	16	
	<input type="checkbox"/>	4 oz / 110 g feta cheese	Ham, Leek & Feta Egg Cups	21	
	<input type="checkbox"/>	1½ oz / 45 g Cheddar cheese	½ oz for Baked Cheese & Bacon Breakfast Pie 1 oz for Creamy Chicken & Cabbage Casserole	16 17	
	<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)	1 cup for Coconut Lime Yogurt Supreme ¼ cup for Warm Turkey & Almond Slaw ⅓ cup for Prawns With Leeks & Lemon Pepper	19 19 21	
	<input type="checkbox"/>	¼ cup / 2 fl oz full fat cottage cheese	Baked Cheese & Bacon Breakfast Pie	16	
	<input type="checkbox"/>	2 oz / 55 g cream cheese + extra for Meal 2	2 oz for Creamy Chicken & Cabbage Casserole Meal 2	17 20	
	<input type="checkbox"/>	1 cup + 1 TBSP / 8 ½ fl oz heavy cream	2 TBSP for Chicken & Avocado Salad 2 TBSP for Baked Cheese & Bacon Breakfast Pie 4 TBSP for Creamy Chicken & Cabbage Casserole 4 TBSP 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	15 16 17 18 19 20 21	
	<input type="checkbox"/>	12 oz / 340 g butter	2 TBSP for Salmon 4 oz for Avocado Lime Zoodles 2 oz for Vanilla Hazelnut Granola 4 oz for Lemon Hazelnut Leeks 1 oz for Egg & Bacon Salad	16 16 17 18 20	
	<input type="checkbox"/>	20 eggs	3 for Baked Cheese & Bacon Breakfast Pie 1 white for Vanilla Hazelnut Granola 1 or 2 for Meal 2 6 for Egg & Bacon Salad 9 for Ham, Leek & Feta Egg Cups	16 17 17 20 21	
	Spices / Pantry	<input type="checkbox"/>	extra virgin olive oil	4 TBSP for Avocado & Walnut Salad	20
		<input type="checkbox"/>	chia seeds	2 TBSP for Hot & Nutty “Cereal”	15
<input type="checkbox"/>		sunflower seeds	2 TBSP for Hot & Nutty “Cereal” 3 oz for Vanilla Hazelnut Granola	15 17	
<input type="checkbox"/>		unsweetened, shredded coconut	4 TBSP for Hot & Nutty “Cereal”	15	
<input type="checkbox"/>		1 oz / 30 g unsweetened, flaked coconut	1 oz for Coconut Lime Yogurt Supreme	19	
<input type="checkbox"/>		1 cup / 8 fl oz canned unsweetened full-fat thick coconut milk	Coconut Lime Yogurt Supreme	19	
<input type="checkbox"/>		unsweetened cocoa powder	½ TBSP for Vanilla Cinnamon Hot Chocolate	18	
<input type="checkbox"/>		½ oz / 15 g 100% unsweetened chocolate (solid)	Vanilla Cinnamon Hot Chocolate	18	
<input type="checkbox"/>		ground flax seeds	2 TBSP for Hot & Nutty “Cereal”	15	
<input type="checkbox"/>		almond meal (ground almonds)	4 TBSP for Hot & Nutty “Cereal”	15	
<input type="checkbox"/>		1 cup / 8 fl oz unsweetened almond milk	Vanilla Cinnamon Hot Chocolate	18	
<input type="checkbox"/>		almonds	Meal 2	16	



KICKASS KETO

Category	☑	Ingredient	Used in Recipe(s)	Day
Spices / Pantry (cont'd)	<input type="checkbox"/>	10 ¾ oz / 305 g raw hazelnuts	8 oz for Vanilla Hazelnut Granola 2 ¾ oz for Lemon Hazelnut Leeks	17 18
	<input type="checkbox"/>	6 oz / 170 g slivered almonds	4 oz for Vanilla Hazelnut Granola 2 oz for Warm Turkey & Almond Slaw	17 19
	<input type="checkbox"/>	2 oz / 55 g shelled walnuts	Avocado & Walnut Salad	20
	<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"/>	pumpkin pie spice (or cinnamon)	2 tsp for Hot & Nutty “Cereal”	15
	<input type="checkbox"/>	ground cinnamon	1 tsp for Vanilla Cinnamon Hot Chocolate	18
	<input type="checkbox"/>	dried oregano	1 tsp for Baked Cheese & Bacon Breakfast Pie ¼ tsp for for Avocado & Walnut Salad	16 20
	<input type="checkbox"/>	lemon pepper	Prawns With Leeks & Lemon Pepper	21
	<input type="checkbox"/>	tomato paste	1 TBSP for Egg & Bacon Salad	20
	<input type="checkbox"/>	coffee (ground or cold brew)	Meal 2	18
	<input type="checkbox"/>	1 ½ oz / 45 g egg white powder	1 oz for Hot & Nutty “Cereal” ½ oz for Coconut Lime Yogurt Supreme	19
	<input type="checkbox"/>	vanilla extract	1 tsp for Hot & Nutty “Cereal” 4 tsp for Vanilla Hazelnut Granola 2 tsp for Vanilla Cinnamon Hot Chocolate	15 17 18
	<input type="checkbox"/>	xylitol	2 tsp for Hot & Nutty “Cereal” 3 oz for Vanilla Hazelnut Granola 2 TBSP for Vanilla Cinnamon Hot Chocolate 1 TBSP for Coconut Lime Yogurt Supreme 1 ½ TBSP for Avocado & Walnut Salad	15 17 18 19 20
	<input type="checkbox"/>	½ cup / 4 fl oz avocado oil	1 TBSP for Avocado Lime Zoodles 1 TBSP for Creamy Chicken & Cabbage Casserole 1 TBSP for Lemon Hazelnut Leeks 1 TBSP for Warm Turkey & Almond Slaw 2 TBSP for Steak 1 TBSP for Ham, Leek & Feta Egg Cups 1 TBSP for Prawns with Leeks & Lemon Pepper	16 17 18 19 20 21 21
	<input type="checkbox"/>	white wine vinegar	1 TBSP for Warm Turkey & Almond Slaw 2 TBSP for Avocado & Walnut Salad	19 20