



KICKASS KETO

VARIETY IS KICKASS – WEEK 4 SHOPPING LIST

Category	<input checked="" type="checkbox"/>	Ingredient	Used in Recipe(s)	Day	
Produce	<input type="checkbox"/>	8 oz / 225 g leeks	Leek & Cauliflower Risotto	22	
	<input type="checkbox"/>	26 oz / 735 g riced cauliflower florets (prepared or process your own)	8 oz for Leek & Cauliflower Risotto 4 oz for Double Pork Fried "Rice" 5 oz for Montana Hash 4 oz for Creamy Cajun Sausage Skillet 5 oz for Mushroom Risotto	22 23 25 27 28	
	<input type="checkbox"/>	8 oz / 225 g mushrooms	4 oz for Mushroom & Pancetta Frittata 4 oz for Mushroom Risotto	27 28	
	<input type="checkbox"/>	2 ½ oz / 70 g red pepper	1 ½ oz for Double Pork Fried "Rice" 1 oz for Creamy Cajun Sausage Skillet	23 27	
	<input type="checkbox"/>	1 ½ oz / 45 g green pepper	Montana Hash	25	
	<input type="checkbox"/>	fresh chives	A handful for Leek & Cauliflower Risotto	22	
	<input type="checkbox"/>	fresh rosemary	1 TBSP for Rosemary Olive Cabbage ½ TBSP for Mushroom Risotto	24 28	
	<input type="checkbox"/>	5 oz / 140 g cabbage	Rosemary Olive Cabbage	24	
	<input type="checkbox"/>	5 oz / 140 g Brussels sprouts	Bacon Parmesan Brussels Sprouts	26	
	<input type="checkbox"/>	scallion (green / spring onion)	1 for Salmon Avocado Omelet	28	
	<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"/>	fresh garlic	2 cloves for Montana Hash	25	
	<input type="checkbox"/>	1-2 lemons	zest + 2 tsp juice for Creamy Lemon Coconut Cereal 2 TBSP juice for Salmon Avocado Omelet	24 28	
	<input type="checkbox"/>	1 lime	2 tsp juice for Coconut Lime Lassi	25	
	<input type="checkbox"/>	1 avocado	½ for Salmon Avocado Omelet	28	
	Meat	<input type="checkbox"/>	10 oz / 285 g ground pork	2 oz for Pork Lover's Scramble 8 oz for Double Pork Fried "Rice"	22 23
		<input type="checkbox"/>	8 oz / 225 g ground beef (minced beef)	Montana Hash	25
<input type="checkbox"/>		¼ lb / 110 g burger patties	1 for Bunless Burgers	28	
<input type="checkbox"/>		1 bone-in chicken thigh (chicken quarter)	Chicken	22	
<input type="checkbox"/>		1 oz / 30 g ham	Pork Lover's Scramble	22	
<input type="checkbox"/>		1 pork shoulder chop	Pork Shoulder	26	
<input type="checkbox"/>		8 oz / 225 g cooked sausage	Creamy Cajun Sausage Skillet	27	
<input type="checkbox"/>		1 lamb chop	Lamb Chop	24	
<input type="checkbox"/>		sliced deli meat (mind the ingredients)	Meal 2	23	
<input type="checkbox"/>		sliced salami	Meal 2	25	
<input type="checkbox"/>		6 ½ oz / 185 g bacon	1 ½ for Pork Lover's Scramble 3 oz for Double Pork Fried "Rice" 2 oz for Bacon Parmesan Brussels Sprouts	22 23 26	
<input type="checkbox"/>		1 ½ oz / 45 g smoked salmon / lox, very finely sliced	Salmon Avocado Omelet	28	
<input type="checkbox"/>		4 oz / 110 g Pancetta	Mushroom & Pancetta Frittata	27	
<input type="checkbox"/>		jerky (mind the ingredients)	Meal 2 (alternative to Greek yogurt)	24	

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



Category	<input checked="" type="checkbox"/>	Ingredient	Used in Recipe(s)	Day
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	22 23 27 28
	<input type="checkbox"/>	2 oz / 55 g Parmesan cheese, finely grated	½ oz for Bacon Parmesan Brussels Sprouts 1 ½ oz for Mushroom Risotto	26 28
	<input type="checkbox"/>	½ cup / 4 fl oz canned unsweetened full-fat thick coconut milk	Coconut Lime Lassi	25
	<input type="checkbox"/>	8 oz / 225 g butter	4 oz for Rosemary Olive Cabbage 4 oz for Bacon Parmesan Brussels Sprouts	24 26
	<input type="checkbox"/>	½ cup / 4 fl oz heavy cream	1 TBSP for Pork Lover's Scramble 2 TBSP for Double Pork Fried "Rice" 3 TBSP for Montana Hash 2 TBSP for Mushroom & Pancetta Frittata	22 23 25 27
	<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	23 27 28
	<input type="checkbox"/>	2 cups / 16 fl oz plain, full-fat Greek yogurt (NOT non-fat)	Meal 2 (alternative to Jerky) 1 cup for Creamy Lemon Coconut Cereal ½ cup for Coconut Lime Lassi	24 24 25
	<input type="checkbox"/>	2 oz / 55 g Cheddar cheese	1 oz for Montana Hash 1 oz for Mushroom & Pancetta Frittata	25 27
	<input type="checkbox"/>	string cheese	Meal 2	28
	Spices / Pantry	<input type="checkbox"/>	2 oz / 55 g black olives, pitted and finely chopped	Rosemary Olive Cabbage
<input type="checkbox"/>		small can tomato paste	1 TBSP for Montana Hash	25
<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	1 tsp for Mushroom & Pancetta Frittata ¼ tsp for Creamy Cajun Sausage Skillet	27 27
<input type="checkbox"/>		dried thyme	¼ tsp for Creamy Cajun Sausage Skillet	27
<input type="checkbox"/>		onion powder	½ tsp for Bacon Parmesan Brussels Sprouts ¼ tsp for Creamy Cajun Sausage Skillet	26 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"/>		ground nutmeg	1 tsp for Pecan Nutmeg "Oatmeal"	26
<input type="checkbox"/>		vanilla extract	1 tsp for Pecan Nutmeg "Oatmeal"	26
<input type="checkbox"/>		egg white powder	1 oz for Creamy Lemon Coconut Cereal 1 oz for Pecan Nutmeg "Oatmeal"	24 26
<input type="checkbox"/>		¾ cup / 3 fl oz avocado oil	2 TBSP for Chicken 1 TBSP for Leek & Cauliflower Risotto 1 TBSP for Montana Hash 1 TBSP for Creamy Cajun Sausage Skillet 1 TBSP for Mushroom Risotto	22 22 25 27 28
<input type="checkbox"/>		Dijon mustard	1 tsp for Montana Hash	25

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Category	<input checked="" type="checkbox"/>	Ingredient	Used in Recipe(s)	Day
Spices / Pantry (cont'd)	<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	22 27
	<input type="checkbox"/>	pork rinds (ingredients should read: "pork, salt")	Meal 2	26
	<input type="checkbox"/>	¾ cup / 6 fl oz almond milk	½ cup for No More Death by Chocolate Frappe ¼ cup for Creamy Lemon Coconut Cereal	23 24
	<input type="checkbox"/>	2 oz / 55 g sunflower seeds	1 oz for Creamy Lemon Coconut Cereal 1 oz for Pecan Nutmeg "Oatmeal"	24 26
	<input type="checkbox"/>	2 oz / 55 g chia seeds	1 oz for Creamy Lemon Coconut Cereal 1 oz for Pecan Nutmeg "Oatmeal"	24 26
	<input type="checkbox"/>	pecans	6 TBSP for Pecan Nutmeg "Oatmeal"	26
	<input type="checkbox"/>	Macadamia nuts	Meal 2	27
	<input type="checkbox"/>	2 oz / 55 g unsweetened, shredded coconut	1 oz for Creamy Lemon Coconut Cereal 1 oz for Pecan Nutmeg "Oatmeal"	24 26
	<input type="checkbox"/>	coffee (ground or cold brew)	½ cup for No More Death by Chocolate Frappe	23
	<input type="checkbox"/>	unsweetened cocoa powder	3 TBSP for No More Death by Chocolate Frappe	23
	<input type="checkbox"/>	1 oz / 30 g 100% unsweetened chocolate (solid)	No More Death by Chocolate Frappe	23
	<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"	23 24 25 26
	<input type="checkbox"/>	guar gum	¼ tsp for No More Death by Chocolate Frappe	23