

KETO PRINCIPLES MEAL PLAN

WEEK TWO - SHOPPING LIST

Pantry Staples

Coconut Oil
Butter
Salt and Pepper
Almond Flour
Stevia (Natvia)
Vanilla Extract
Baking Powder
Olive Oil
Chocolate Protein
Cocoa Powder
Avocado Oil
Coriander
Garlic Powder
Onion Powder
Paprika
Dijon Mustard
Mayonaise (Lite Best Food)
Cumin
Cooking Spray

****Add items you don't have in your pantry to shopping list**

Shopping List

1 Iceberg Lettuce	500g Grated Cheese
1 Red Capsicum	1 Feta Cheese
1 Green Capsicum	2 Cream Cheese
500g Mushrooms	1 Sour Cream
1 Bag Baby Spinach	1 Cream
2 Avocados	1 Block Parmesan
3 Onions	1 Flaxmeal
2 Spring Onions	1 Almond Milk
4 Courgettes	1 Tomato Paste
1 Bunch Parsley	1 Jar Sweet Cherry
Garlic	2 Chicken Broth
8 White Fish Fillets	1 Guacamole
400g Sliced Ham	500g Raspberries
1kg Streaky Bacon	500g Blueberries
1kg Prime Beef Mince	500g Blackberries
500g Chicken Mince	1 Tray of Eggs
2 Chicken Breasts	1 90% Dark Chocolate

Snacks 2 Handful Serves per day

Raw Nuts	Nut Butters
Pumpkin Seeds	Raw Veges
Olives	Low Carb Dips
Non-Fruit Cheeses	Celery
80% Dark Chocolate	Low Carb Crackers
Pestos	Keto Bread
Keto Fat Bombs	