

KETO PRINCIPLES MEAL PLAN

WEEK THREE - SHOPPING LIST

Pantry Staples

Garlic
Salt & Pepper
Butter
No-Sugar Maple Syrup
Stevia/Natvia
Vanilla Extract
Almond Flour
Coconut Oil
Cooking Spray
Olive Oil
Balsamic Vinegar
Cumin
Mayonaise

Garlic Powder
Onion Powder
Italian Seasoning

Shopping List

1 Iceberg Lettuce	1Kg Cheese Block
1 Red Capsicum	1 Cream Cheese
1 Green Capsicum	500g Cream
3 Avocados	750g Mozzarella
2 Cauliflower	500g Parmesan
1 Punnet Cherry Tomatoes	2 Tubs Baby Mozzarella (Bocconcini)
1 Bunch Kale	
1 Bunch Spring Onions	200g Ham
2 Onions	1 Bag Flaxmeal
1 Lemon	1 Almond Milk
1 Punnet Strawberries	1 Low Sugar Pasta Sauce
1 Bunch Basil	1L Beef Stock
1 Bunch Parsley	500g Raspberries
1Kg Pork Tenderloin	500g Blueberries
3 Chicken Breasts	200g Blackberries
500g Chicken Mince	1 Tray of Eggs
12 GF Sausages	

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

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	