

KETO PRINCIPLES MEAL PLAN

WEEK FOUR - 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
Soy Sauce
Sesame Oil
Chilli Powder
Paprika
Dry Mustard
Cinamon

Dijon Mustard
Coriander
Peanut Butter
Red Pepper Condiment
Sriracha

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

Shopping List

2 Broccoli	250g Shredded Swiss Cheese
2 Cauliflower	500g Mozzarella Cheese
1 Bag Green Beans	500g Cream Cheese
1 Iceberg Lettuce	250g Parmesan Cheese
1 Bunch Spring Onions	1Kg Block of Cheddar (to grate)
3 Onions	1 Bottle Cream
4 Portabello Mushrooms	1 Almond Milk
3 Green Capsicum	3 Tins Chopped Tomatoes
1 Bag Spinach	1 Tin Water Chestnuts
4 Avocados	1 Jar Jalapeno Peppers
1 Ginger	1 Hoisin Sauce
4 Salmon Fillets	1 Rice Wine Vinegar
2 Slices Ham	
1Kg Streaky Bacon	500g Frozen Raspberries
1Kg Prime Beef Mince	1 Jar Low Sugar Pasta Sauce
1.5kg Chicken Breast	1 Tray of Eggs
500g Boneless Chicken Thigh	1 Block 85% Dark Chocolate
500g Chicken Mince	1 Tub Choc Protein
2 Breakfast Sausages	
250g Sour Cream	

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	