KETODIET RESULTS

30-Day Meal Plan

Week 3 Shopping List

PANTRY STAPLES

- ☐ Apple Cider Vinegar
- ☐ Baking Soda
- ☐ Butter
- ☐ Cinnamon
- ☐ Coconut Oil
- ☐ Garlic Powder
- ☐ Olive Oil
- ☐ Vanilla Extract

DAIRY & MEAT

- ☐ Bacon - 1 pack
- ☐ Cheddar Cheese - 4 oz
- ☐ Cream Cheese - 8 oz
- ☐ Eggs - 1 dozen
- ☐ Heavy Cream - 1 container
- ☐ Parmesan Cheese - 4 oz
- ☐ Ribeye Steak - 10 oz
- ☐ Salami - 4 oz
- ☐ Salmon - 8 oz
- ☐ Whole Chicken - 5 lbs

VEGETABLES & HERBS

- ☐ Avocados - 2 total
- ☐ Broccoli - 16 oz frozen
- ☐ Brussels Sprouts - 16 oz frozen
- ☐ Carrots - 1 bag
- ☐ Celery - 1 bag
- ☐ Kale - 1 bunch
- ☐ Onions - 3 total
- ☐ Roasted Peppers - 1 jar
- ☐ Spinach - 1 bag
- ☐ Zucchini - 1 lb

OTHER

- ☐ 90% Chocolate - 1 bar
- ☐ Almond Flour
- ☐ Almond Milk (Unsweetened)
- ☐ Cashews - 1 bag
- ☐ Coconut Flour - 1 bag
- ☐ Erythritol - Swerve Confectioners
- ☐ Golden Flaxseed Meal - 1 bag
- ☐ Pecans - 1 bag
- ☐ Shredded Coconut (Unsweetened)
- ☐ Stevia - Powder or Liquid Drops
- ☐ True Lemon Crystals
- ☐ Walnuts - 1 bag

EXAMPLE