

WEEK 1 SHOPPING LIST

Protein

- EGGS
- BACON (REGULAR OR CANADIAN)
- SAUSAGE LINKS (CHICKEN OR PORK)
- GROUND TURKEY BREAST
- GROUND CHICKEN BREAST
- CHICKEN BREAST
- SIRLOIN STEAK
- FETA CHEESE
- ISOLATED WHEY PROTEIN (OPTIONAL)
- UNFLAVORED COLLAGEN (OPTIONAL)

Condiments

- YELLOW MUSTARD
- SUGAR FREE BBQ SAUCE (KINDER'S)
- HOT SAUCE (OPTIONAL)
- SRIRACHA (OPTIONAL)

Fats

- GRASSFED BUTTER
- HASS AVOCADO
- HEAVY CREAM OR COCONUT CREAM
- AVOCADO OIL
- ROASTED NUTS (PECANS, WALNUTS)

Veggies

- GREEN PEPPERS
- WHITE ONION
- FROZEN BROCCOLI
- KALE
- ZUCCHINI
- SUMMER SQUASH
- RICED CAULIFLOWER
- CABBAGE (SHREDDED)

Spices

- PINK SALT
- PEPPER
- GARLIC POWDER
- ONION POWDER
- ITALIAN SEASONING
- COCONUT AMINOS