

WEEK 2 SHOPPING LIST

Protein

- EGGS
- BACON (REGULAR OR CANADIAN)
- GROUND TURKEY
- GROUND BEEF
- CHICKEN BREAST
- SIRLOIN STEAK
- CHEDDAR CHEESE
- CREAM CHEESE
- ISOLATED WHEY PROTEIN (OPTIONAL)
- UNFLAVORED COLLAGEN (OPTIONAL)

Condiments

- YELLOW MUSTARD
- SRIRACHA
- SUGAR FREE KETCHUP
- RANCH DRESSING

Fats

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

Baking

- ALMOND FLOUR
- XANTHAM GUM
- BAKING POWDER

Veggies

- GREEN PEPPERS
- WHITE ONION
- BROCCOLI
- SUMMER SQUASH
- CAULIFLOWER
- GREEN BEANS
- SALAD MIX
- ASPARAGUS

Spices

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