

# WEEK 2 SHOPPING LIST

## Protein

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

## Baking

- ALMOND FLOUR
- XANTHAM GUM
- BAKING POWDER

## Fats

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

## Condiments

- YELLOW MUSTARD
- SRIRACHA
- SUGAR FREE KETCHUP
- RANCH DRESSING
- COCONUT AMINOS
- APPLE CIDER VINEGAR

## Veggies

- GREEN PEPPERS
- WHITE ONION
- BROCCOLI
- CAULIFLOWER
- GREEN BEANS
- SALAD MIX
- KALE

## Spices

- PINK SALT
- PEPPER
- GARLIC POWDER
- ONION POWDER
- ITALIAN SEASONING
- PAPRIKA
- CUMIN
- DRIED CHIVES
- DILL
- BUTTERMILK POWDER (OPTIONAL)