



4-Week
Keto & Low Carb
Meal Plan

By
The Nourished Caveman

Mealplan Intro

Hey! Are you new to the Keto lifestyle? Maybe you are not new but you are tired of eating the same old stuff....

Living the Keto lifestyle is extremely rewarding and has countless benefits, (read more about it here in the [FAQ](#)) but I understand that transitioning to this new way of eating is not always the easiest thing.

That is why I created this meal plan, to help you get started with Keto, and if you are already living the lifestyle, maybe to bring a bit more variety and fun into your diet!

What kind of meal plan is this exactly?

This is a Keto Paleo mealplan, in fact you will find a bare minimum of dairy ingredients, most of which can be subbed out, and no processed foods!

Why a Keto Paleo meal plan? Watch my [video](#) to learn all about it.

How to use the meal plan

As the ketogenic diet requires specific amounts and ratios of macronutrients, which vary greatly from person to person, I did not aim for a specific daily target here.

Most recipes in the plan have the macros pre-calculated, so it is easy for you to make your own totals and modify your consumption depending on your own targets!

There are many keto-calculators online ([like this one!](#)) but please keep in mind that the numbers you will derive from such a calculator are still generic and don not take in consideration your individual metabolic state or health concerns!

If you are finding that you have hit a wall and can not seem to make progress with the Keto diet, you might be needing additional support. Fill out my [inquiry form](#) if you are interested in the kind of help I can offer!

If you do not need to keep track so closely and Keto is just working for you , then the meal plan is ready to use, it should keep you happy and in ketosis!

Don't be intimidated by the number of recipes! You can use leftovers as much as you desire to make things easier!

Additional references

For links to my favorite ingredients visit my [Keto Kitchen Basics Page!](#)

To your success!



Vivica

Email me! Vivica@thenourishedcaveman.com

Join me on FB: www.facebook.com/TheNourishedCaveman

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WEEK ONE

Shopping & Prep List - Week 1



PREP

Make/do ahead:

1. Easy Keto Broccoli Slaw
2. Maple Sage Breakfast Sausage Patties
3. Paleo Taco Salad Without the Taco
4. Cesar Salad Dressing
5. Chipotle Ranch Dressing
6. Thai Chicken Burger Patties
7. Chicken Liver Pate for Filet Mignon
8. Easy Fresh Salsa for Tex Mex Scramble (or use your own salsa or picante sauce)
9. Coconut Chocolate Bars (make enough for a week)
10. Boil 2 eggs
11. Zest the lemon before using it for juice
12. Cook bacon (save 2 uncooked slices for Filet Mignon) and save some bacon grease

Basic Green Salad: 120g Mixed Organic Baby Greens Or Romaine lettuce with 1 tsp Extra Virgin Olive Oil, 1 Tbs [MCT Oil](#) and 1 tsp ACV



Shopping & Prep List - Week 1

SHOPPING LIST

PANTRY ITEMS (Check your pantry for these items)

SEASONINGS

- » Salt ([Celtic Sea Salt](#) and Kosher)
- » Pepper
- » Garlic powder
- » Onion powder
- » Chili powder
- » Crushed red pepper
- » Cayenne pepper
- » Paprika
- » Parsley
- » Sage
- » Rosemary
- » Thyme
- » Oregano
- » Marjoram
- » Dill weed
- » Cinnamon
- » Nutmeg
- » Celery seeds

OILS/FATS

- » Extra virgin olive oil
- » [Coconut oil](#)
- » [Avocado oil](#)
- » [Sesame oil](#)
- » [Coconut cream](#)
- » [Coconut butter](#)
- » [Ghee](#)
- » Grass fed butter
- » [Almond butter](#)



Shopping & Prep List - Week 1

1

BAKING NEEDS

- » [Cocoa powder](#)
- » Baking powder
- » Baking soda
- » Sugar substitute (stevia, [Swerve](#)., etc.)

CONDIMENTS

- » [Mayonnaise](#)
- » Mustard (regular and dijon)
- » [Pickles](#)
- » [Apple cider vinegar](#)
- » Balsamic vinegar
- » Distilled white vinegar
- » Coffee/tea/
- » [Herbal coffee](#) (if you buy it make sure you mention TNC to get a free cookbook!)

SHOPPING LIST

PRODUCE

- » Avocados, 6
- » Lemon
- » Lime
- » Lettuce/leafy greens:
 - Romaine or other favorite for wraps
 - Romaine for Cesar salad (24 whole leaves)
 - Large head of lettuce for taco salad
 - Baby kale (at least 2 oz)
 - Mixed baby greens (at least 120g)
 - California endive, 4 heads
- » Broccoli slaw, 4 c bagged
- » White onions, 3
- » Red onion
- » Green pepper
- » Jalapeno, 2 fresh (omit if not making salsa)



Shopping & Prep List - Week 1

- » Tomatoes, 2
- » Cherry/grape tomatoes, 2 pints
- » Green cabbage, 1 small head
- » Cauliflower, 3 heads
- » Green beans, 7 oz
- » Carrot, 1 medium
- » Celeriac, 1 medium
- » Garlic, 1-2 bulbs
- » Fresh ginger root
- » Fresh herbs (or use dried)
 - Parsley
 - Sage
 - Thyme
 - Cilantro, 2 bunches (or 1 if not making salsa)

MEATS/PROTEIN (organic, pastured, grassfed and free of nitrates)

- » Wild caught smoked salmon, 2 oz
- » Roasted chicken or turkey breast (can be pre-sliced from the store) for wraps
- » Ground pork, 2#
- » Bacon, 3#
- » Ground beef, 2 1/3#
- » Filet mignon, 2 (4oz ea, 1" tall)
- » Chicken thighs, 5
- » Ground chicken, 1#
- » Chicken livers, 4oz (For pate in Filet Mignon recipe)
- » Sausage, 1/2#
- » Salami for snacks
- » Anchovies (4 filets, for Cesar salad dressing)
- » Almonds
- » Macadamias
- » Tuna, 1 small can
- » Eggs, 3 dozen



Shopping & Prep List - Week 7

7

DAIRY

- » Shredded cheddar, 8 oz
- » Fresh, soft goat cheese, 1 oz
- » Parmesan, 1 wedge
- » Cream cheese, 4 oz
- » Heavy cream, 1 pint
- » Whole milk, 1 pint
- » Greek yogurt
- » Cheese of choice for lunch, 2 oz

MISCELLANEOUS

- » Grain-free herbal coffee blend
- » Unsweetened shredded coconut, at least 1 cup
- » Almond flour
- » Coconut flour
- » Ground flax
- » Ground hazelnuts OR hazelnut flour
- » Chai masala mix
- » Maple extract
- » Honey
- » Unsweetened almond milk
- » Pumpkin puree (need ½ c)
- » 90% dark chocolate bar
- » Chia seeds, at least 1 ¼ c
- » Pork rinds, 1 large bag
- » Picante sauce or salsa (if not making your own)
- » Fish sauce
- » Coconut aminos
- » Whole tomatoes, 28 oz (BPA free, omit if not making your own salsa)
- » Tomato puree, 8 oz (BPA free)
- » Chicken stock, 32 oz
- » Kalamata olives, ½ c sliced
- » Black olives
- » Chipotle in adobo





Monday

Breakfast



[Avocado and Salmon Low Carb Breakfast](#)

2 slices bacon

[Herbal Coffee Bulletproof](#)

Lunch



2 Hard boiled eggs

roasted chicken or turkey breast

Snacks



2 Tbs Coconut Manna

Dinner



[2 Full-English-Kebabs](#)

[1 serving Easy Keto Broccoli Slaw](#)

Tuesday

Breakfast



[Maple-sage-breakfast-sausages](#)

[Herbal Coffee Bulletproof](#)

Lunch



[1 serving paleo-taco-salad-minus-the-taco](#)

(MAKE AHEAD!)

Snacks



2 Tbs Coconut Manna

Dinner



1/3# burger patty with cheese and desired toppings (bacon, low-carb ketchup, mustard, mayo, lettuce, pickles, etc.),

[1 serving Easy Keto Broccoli Slaw](#)



Wednesday

Breakfast



[Keto-Mexican-Chocolate-Shake](#)

Lunch



[keto-and-low-carb-ceasar-salad](#)

(make ahead)

Snacks



12 macadamia nuts

Dinner



[cauliflower-ghee-souffle](#)

make enough for leftovers

Thursday

Breakfast



[spicy-tex-mex-scramble](#)

[Herbal Coffee Bulletproof](#)

Lunch



[cauliflower-ghee-souffle](#)

leftovers

Snacks



1/2 avocado

Dinner



[paleo-thai-chicken-burgers on green salad](#)

make enough for leftovers



Friday

Breakfast



[Kale and eggs benedict](#)
[Herbal Coffee Bulletproof](#)

Lunch



[paleo-thai-chicken-burgers on green salad](#)
make enough for leftovers

Snacks



few slices of nitrite free salami

Dinner



[Keto Pizza](#)
and a green salad
(make enough for leftovers)

Saturday

Breakfast



[kale-and-eggs-benedict](#)
[Herbal Coffee Bulletproof](#)

Lunch



[Keto Pizza](#)
and a green salad
leftovers

Snacks



12 almonds

Dinner



[keto-filet-mignon](#)



Sunday

Breakfast



[pumpkin-pancakes](#)

[Herbal Coffee](#)
[Bulletproof](#)

Lunch



[endive-avocado-bacon-salad-with-chipotle-ranch-dressing](#)

Snacks



[coconut-chocolate-bars](#)

make a batch
to last a week!

Dinner



[Chicken-Pot-Pie](#)

make enough
for leftovers for
Mon lunch

WEEK TWO

Shopping & Prep List - Week 2

PREP

Did you make these last week? Coconut Cocolate Bars, Chicken Pot Pie

Make/do ahead:

1. Chocolate Chia Pudding the night before
2. 12 Cream Cheese Pancakes for Breakfast Lasagna
3. Cook bacon
4. Keto Paleo Taco shells
5. Keto Tiramisu
6. Fudgy Macadamia Fat Bombs
7. Reserve one green onion for Keto Tuna Salad (or use chives)
8. Boil 10 eggs
9. Prep Mineral Chicken Broth using chicken bones from Sunday dinner



Shopping & Prep List - Week 2

2

SHOPPING LIST

PANTRY ITEMS (Check your pantry for these items)

If you didn't buy these last week, or are running low, you'll need them this week:

[Coconut flour](#)

[Almond flour](#)

[Chia seeds](#)

SEASONINGS

- » Salt (Celtic Sea Salt and Kosher)
- » Pepper
- » Garlic powder
- » Onion powder
- » Chili powder
- » Crushed red pepper
- » Cayenne pepper
- » Paprika
- » Parsley
- » Sage
- » Rosemary
- » Thyme
- » Oregano
- » Marjoram
- » Dill weed
- » Cajun seasoning
- » Cinnamon
- » Nutmeg
- » Celery seeds

OILS/FATS

- » Extra virgin olive oil
- » [Coconut oil](#)
- » [Avocado oil](#)



Shopping & Prep List - Week 2

- » [Sesame oil](#)
- » [Coconut cream](#)
- » [Coconut butter](#)
- » [Ghee](#)
- » Grass fed butter
- » [Almond butter](#)

BAKING NEEDS

- » [Cocoa powder](#)
- » Baking powder
- » Baking soda
- » Sugar substitute (stevia, [Swerve](#)., etc.)
- » [Stevia drops](#)

CONDIMENTS

- » [Mayonnaise](#)
- » Mustard (regular and dijon)
- » [Pickles](#)
- » [Apple cider vinegar](#)
- » Balsamic vinegar
- » Distilled white vinegar
- » Coffee/tea/
- » [Herbal coffee](#) (if you buy it make sure you mention TNC to get a free cookbook!)



Shopping & Prep List - Week 2

SHOPPING LIST

PRODUCE

- » Avocado, 4
- » Onions, 4
- » Garlic, if needed, 1 bulb
- » Mushrooms, 6
- » Napa Cabbage (wombok), enough for 4-5 cups shredded
- » Celery
- » Spinach, 1#
- » Lettuce, 2 small heads
- » Romaine
- » Cucumber, 1
- » Carrot, 1 large
- » Green onions, 1 bunch
- » Fennel, 1 bulb (100g)
- » Cherry/grape tomatoes, 1 pint
- » Fresh herbs
 - Parsley
 - Cilantro
 - Chives

MEATS/PROTEIN (organic, pastured, grassfed and free of nitrates)

- » Wild Alaskan Sockeye Salmon, 6 oz
- » Chicken breasts, 2 large
- » Barramundi, 7 oz raw
- » Pancetta, 5 oz
- » Bacon, 12 slices
- » Wild salmon or tuna, 1# (cooked, smoked or sashimi grade for Keto Sushi)
- » Lamb stew meat, 1# cubed, 120 g
- » Tuna, 6.3 oz can
- » Sausage links, 12
- » Ground beef, 500 g (just over a pound)
- » Whole chicken, 3.5 to 5 pounds
- » Macadamias, 4 oz chopped



Shopping & Prep List - Week 2

DAIRY

- » Goat cheese
- » Cream cheese (4 oz)
- » Creme Fraiche, 300g
- » Coconut cream (at least one cup)
- » Grassfed butter
- » Heavy cream
- » Cheddar cheese, 1 cup shredded

MISCELLANEOUS

- » Tomato puree, small can or homemade
- » Almond milk
- » Raw cacao powder
- » Raw cocoa nibs OR at least 85% dark chocolate
- » Organic white mustard
- » Chili infused olive oil
- » Seaweed wrappers, 1 package
- » Whey protein ($\frac{1}{2}$ c)
- » Xylitol ($\frac{3}{4}$ c)
- » Psyllium husks (for taco shells)
- » Red wine, sherry, vermouth or dry white wine
- » Marsala wine or dark rum (optional)





Monday

Breakfast



[Chocolate-Chia-Pudding](#)

[Herbal Coffee Bulletproof](#)

Lunch



[Chicken-Pot-Pie](#)

from last Sun leftovers

Snacks



Coconut Chocolate Bar

(made last Sunday)

Dinner



[easy-salmon-cakes](#)

with a green salad make enough for leftovers

Tuesday

Breakfast



[Easy Salmon cake](#)

leftovers

[Herbal Coffee Bulletproof](#)

Lunch



[avocado-deviled-eggs](#)

Snacks



Coconut Chocolate Bar

(made last Sunday)

Dinner



[creamy-mushroom-chicken-recipe](#)

with green salad - Make enough for leftovers



Wednesday

Breakfast



2 eggs fried
in butter or
coconut oil

1/2 avocado

2 slices bacon

[Herbal Coffee](#)
[Bulletproof](#)

Lunch



[Creamy chicken](#)

leftover from
last night

Snacks



2 Tbs nut
butter, celery
sticks

Dinner



[pan-seared-barramundi](#)

[spinach-and-pancetta-saute-recipe](#)

Thursday

Breakfast



2 eggs fried
in butter or
coconut oil

1/2 avocado

2 slices bacon

[Herbal Coffee](#)
[Bulletproof](#)

Lunch



[low-carb-paleo-sushi](#)

Snacks



Coconut
Chocolate Bar

(made last
Sunday)

Dinner



[broiled-lamb-and-butter-fennel](#)



Friday

Breakfast



scrambled
eggs

¼ avocado

2 slices bacon

[Herbal Coffee](#)
[Bulletproof](#)

Lunch



[Keto Tuna](#)
[Salad](#)

Snacks



12 macadamias

Dinner



[roasted-](#)
[cabbage-](#)
[carbonara](#)

Saturday

Breakfast



[1 serving Low](#)
[Carb Breakfast](#)
[Lasagna \(4"](#)
[square\)](#)

[Herbal Coffee](#)
[Bulletproof](#)

Lunch



[Simple egg](#)
[salad](#)

with 2 slices
of bacon and
romaine lettuce

Snacks



12 almonds

Dinner



[Dessert Keto](#)
[Tiramisu](#)



Sunday

Breakfast



[1 serving Low Carb Breakfast Lasagna \(4" square\)](#)

[Herbal Coffee Bulletproof](#)

Lunch



[Keto Tacos](#)

Snacks



[macadamia-chocolate-fat-bombs](#)

make enough for the week

Dinner



[Roast chicken](#)

keep leftover meat for lunch tomorrow

[Dessert Keto Tiramisu](#)

WEEK THREE

Shopping & Prep List - Week 3

PREP

Did you make/do these last week? Mineral Chicken Broth, Macadamia Chocolate Fat Bombs, save meat from the roasted chicken

Make/do ahead:

1. Make Slow Cooker Sausage Egg Breakfast Casserole Monday for breakfasts this week (make enough for 2 days)
2. Cook bacon
3. Boil 2 eggs
4. Make enough Sautéed Chicken Livers to make 5 Minute Pate
5. Make enough Zuppa Toscano for leftovers
6. Make Easy Grain Free Crackers
7. Use Mineral Chicken Broth for Egg Drop Soup, Zuppa Toscano and Thai Coconut Soup (be sure to have enough broth for all three recipes (7 cups) in addition to the 2 cups you need for Monday dinner.
8. Wash and cut produce
9. If you don't have fish sauce, save one anchovy from Friday Lunch for the Coconut Thai Soup
10. Make Chorizo Meatballs, with enough for leftovers



Shopping & Prep List - Week 3

SHOPPING LIST

PANTRY ITEMS (Check your pantry for these items)

SEASONINGS

- » Bay leaves
- » Salt (Celtic Sea Salt and Kosher)
- » Pepper
- » Black peppercorns
- » Garlic powder
- » Onion powder
- » Chili powder
- » Crushed red pepper
- » Cayenne pepper
- » Paprika
- » Ground cumin
- » Parsley
- » Sage
- » Rosemary
- » Thyme
- » Oregano
- » Marjoram
- » Dill weed
- » Cajun seasoning
- » Cinnamon
- » Nutmeg
- » Ground ginger
- » Celery seeds

OILS/FATS

- » Extra virgin olive oil
- » [Coconut oil](#)
- » [Avocado oil](#)
- » [Sesame oil](#)



Shopping & Prep List - Week 3

- » [Coconut cream](#)
- » [Coconut butter](#)
- » [Ghee](#)
- » Grass fed butter
- » [Almond butter](#)

BAKING NEEDS

- » [Coconut flour](#)
- » [Almond flour](#)
- » [Flax seeds for grinding](#)
- » [Chia seeds](#)
- » [Cocoa powder](#)
- » Baking powder
- » Baking soda
- » Sugar substitute (stevia, [Swerve](#)., etc.)
- » [Stevia drops](#)

CONDIMENTS

- » [Mayonnaise](#)
- » Mustard (regular and dijon)
- » [Pickles](#)
- » [Apple cider vinegar](#)
- » Balsamic vinegar
- » Distilled white vinegar
- » Coffee/tea/
- » [Herbal coffee](#) (if you buy it make sure you mention TNC to get a free cookbook!)



Shopping & Prep List - Week 3

SHOPPING LIST

PRODUCE

- » Avocado, 4
- » Onions, 3-4
- » Shallots, 2 (or use 2 small onions)
- » Red onion, 1
- » Green onions
- » Garlic, if needed, 2 bulbs
- » Mushrooms, enough for one cup sliced
- » Broccoli, one head
- » Cauliflower, one head
- » Celery
- » Baby spinach, enough for 4 cups
- » Romaine
- » Baby kale, 1#
- » Radishes
- » Mixed baby greens, 120 g
- » Cherry/grape tomatoes, 1 pint
- » Fresh herbs (you'll need 2 bunches of mixed fresh herbs such as the following plus cilantro (1 c) and rosemary)
 - Parsley
 - Oregano
 - Basil
 - Mint
 - Cilantro
 - Rosemary
- » Fresh or dried lemongrass
- » Lemongrass
- » Kaffir Lime leaves OR a lime
- » Galangal root OR fresh ginger root
- » 3-4 dried Thai chilies OR 1 jalapeno



Shopping & Prep List - Week 3

MEATS/PROTEIN (organic, pastured, grassfed and free of nitrates)

- » Sausage patties, 2
- » Sausage links, 12 oz
- » Chicken livers, 4 oz (or enough to make Sauteed Chicken Livers with leftover to make 5 Minute Pate)
- » Bacon, 4 slices
- » Smoked salmon, 6 oz
- » Raw shrimp, 4 oz
- » Italian sausage, 1#
- » Sardines, 1 small tin
- » Salmon, 2 filets, fresh or frozen
- » Shrimp or chicken (100 g) for Thai Coconut Soup
- » Ground pork, 1#
- » Spanish Chorizo, 2.8 oz
- » Almonds
- » Eggs, 2 dozen

DAIRY

- » Goat cheese
- » Coconut milk, 1½ c or more for dairy free options
- » Grassfed butter
- » Heavy cream
- » Sour cream, 1 c
- » Cheddar cheese, 1 cup shredded

MISCELLANEOUS

- » Hemp hearts
- » Whey protein OR egg white protein powder
- » Hydrolyzed gelatin powder
- » Vanilla beans (optional, can use extract instead)
- » Coconut aminos OR Tamari
- » Sriracha sauce
- » Fish sauce
- » Chicken broth, if needed





Monday

Breakfast



2 eggs fried
in butter or
coconut oil

one sausage
patty

[Herbal Coffee](#)
[Bulletproof](#)

Lunch



2 cups baby
spinach

leftover Baked
Chicken meat
cut into strips,

2T olive oil

Snacks



[macadamia-
chocolate-fat-
bombs](#)

Dinner



[2 Cups Mineral
Chicken Broth](#)

(light dinner,
almost an
intermittent
fasting)

Tuesday

Breakfast



[slow-cooker-
sausage-egg-
breakfast-
casserole](#)

Make ahead
enough for 2
days

[Herbal Coffee](#)
[Bulletproof](#)

Lunch



2 hard boiled
eggs

1 small tin of
sardines and
basic green
salad

Snacks



Celery sticks
and 2 Tbs nut
butter

Dinner



[shrimp-and-
bacon-skillet](#)

with a side of
green salad

(make enough
for leftovers)



Wednesday

Breakfast



[slow-cooker-sausage-egg-breakfast-casserole](#)

Lunch



[Super-fast-paleo-avocado-salad](#)

Snacks



[macadamia-chocolate-fat-bombs](#)

Dinner



[Sautéed chicken liver](#)

baby kale salad

make enough for the Pate tomorrow

Thursday

Breakfast



[Vanilla-Keto-Smoothie](#)

Lunch



[5 Minutes liver pate](#)

with radish chips and 4 leaves of romaine lettuce (make ahead)

Snacks



12 almonds

Dinner



[1 serving Zuppa Toscana Soup](#)

(enough for leftovers)

2 c baby spinach/romaine with 1 leftover Baked Chicken Breast cut into pieces



Friday

Breakfast



1 egg fried
in butter or
coconut oil

1 sausage patty

[Herbal Coffee](#)
[Bulletproof](#)

Lunch



[shrimp-and-
bacon-s skillet](#)

with a side of
green salad

(leftovers)

Snacks



[4 Easy Grain
Free Crackers](#)

and 1/2
avocado

(make ahead)

Dinner



[rosemary-
salmon](#)

with 1/2
avocado

Saturday

Breakfast



[Vanilla-Keto-
Smoothie](#)

Lunch



[1 serving Zuppa
Toscana Soup](#)

[Easy Grain Free
Crackers](#)

Snacks



12 almonds

Dinner



[Egg drop Soup](#)

made using
mineral chicken
broth



Sunday

Breakfast



[avocado-salmon-low-carb-breakfast](#)

Lunch



[thai-coconut-soup](#)

Snacks



[macadamia-chocolate-fat-bombs](#)

Dinner



[Spiced-Chorizo-Meatballs](#)

make enough
for leftovers

WEEK FOUR

Shopping & Prep List - Week 4

PREP

Did you make/do these last week? Spiced Chorizo Meatballs

Make/do ahead:

1. Basic green salads are 120g mixed greens, 1 Tbs extra virgin olive oil
2. Boil one egg
3. Keto Italian Meatballs
4. Lo Lo Psylli Wraps
5. Kale Chips (enough for 2 days)
6. Enough Cuban Pot Roast for Leftovers
7. Enough Cauli Rice for leftovers
8. Enough Beef Stew for leftovers
9. Enough Bacon Burgers for leftovers for Sunday Lunch
10. Extra Almond Butter Sauce for Sunday Lunch
11. Key Lime Pie – make on Friday to refrigerate overnight for Saturday
12. [Homemade beef broth](#)



Shopping & Prep List - Week 4

SHOPPING LIST

PANTRY ITEMS (Check your pantry for these items)

SEASONINGS

- » Bay leaves
- » Salt (Celtic Sea Salt and Kosher)
- » Pepper
- » Black peppercorns
- » Garlic powder
- » Onion powder
- » Dried onion flakes
- » Chili powder
- » Crushed red pepper
- » Dried chili flakes
- » Cayenne pepper
- » Paprika
- » Ground cumin
- » Coriander
- » Parsley
- » Sage
- » Rosemary
- » Thyme
- » Oregano
- » Marjoram
- » Dill weed
- » Cajun seasoning
- » Cinnamon
- » Nutmeg
- » Ground ginger
- » Celery seeds
- » Mustard seeds



Shopping & Prep List - Week 4

OILS/FATS

- » Extra virgin olive oil
- » [Coconut oil](#)
- » [Avocado oil](#)
- » [Sesame oil](#)
- » [Coconut cream](#)
- » [Coconut butter](#)
- » [Ghee](#)
- » Grass fed butter
- » [Almond butter](#)

BAKING NEEDS

- » [Coconut flour](#)
- » [Almond flour](#)
- » [Flax seeds for grinding](#)
- » [Chia seeds](#)
- » [Cocoa powder](#)
- » Baking powder
- » Baking soda
- » Sugar substitute (stevia, [Swerve](#)., etc.)
- » [Stevia drops](#)

CONDIMENTS

- » [Mayonnaise](#)
- » Mustard (regular and dijon)
- » [Pickles](#)
- » [Apple cider vinegar](#)
- » Balsamic vinegar
- » Distilled white vinegar
- » Coffee/tea/
- » [Herbal coffee](#) (if you buy it make sure you mention TNC to get a free cookbook!)



Shopping & Prep List - Week 4

SHOPPING LIST

PRODUCE

- » Onion
- » Red onion, 4
- » Garlic, if needed, 1 bulbs
- » Cauliflower, 1-2 heads
- » Baby spinach
- » Romaine, enough for 8 large leaves
- » Baby kale, 2 oz
- » Kale for kale chips, at least 4 leaves
- » Swiss chard, enough for 2 cups chopped
- » Small green or savoy cabbage
- » Mixed baby greens
- » Cherry/grape tomatoes, 1 pint
- » Tomatoes, 1-2 (enough for 1 cup diced)
- » Red pepper
- » Yellow pepper
- » Eggplant
- » Cucumber
- » Fresh herbs
 - Parsley (½ c)
 - Basil (¼ c)
 - Cilantro (¼ c)
 - Thyme, 1 sprig
- » Spaghetti squash, 1 small
- » Fresh ginger root, if needed
- » Fresh turmeric root
- » Fresh Thai chilies, 4
- » Green chilies, 2 long
- » Lemons
- » Key limes, enough for 1 c juice



Shopping & Prep List - Week 4

MEATS/PROTEIN (organic, pastured, grassfed and free of nitrates)

- » Eggs, 3 dozen
- » Ground beef, 2½#
- » Ground pork, ½#
- » Sardines, 1 tin
- » Boneless chuck roasts (2-3# each), 2
- » Hake or other white fish, 5 fillets
- » Chicken breast, 1
- » Canadian bacon, 4 slices (or use ham or regular bacon for Eggplant Benedict)
- » Bacon, 2#
- » Large shrimp or prawns, 10-15
- » Beef heart, 12 oz

DAIRY

- » Parmesan cheese, 2 oz
- » Pepper Jack cheese (you'll need 4 slices)
- » Sour cream, 1½ c

FATS/OILS

- » Coconut Manna
- » Coconut cream, ¾ c
- » Macadamia, avocado or light-tasting olive oil for Homemade Mayonnaise
- » Almond butter (at least 1 cup)

MISCELLANEOUS

- » Raw hazelnuts, 2 cups
- » Hazelnut flour
- » Unsweetened coconut shavings, ½ cup
- » Cacao powder
- » Almond milk
- » Dark chocolate chips, at least 85%
- » Swerve
- » Whey protein
- » Egg white protein powder
- » Pumpkin puree, ½ c
- » Chai Masala mix, if needed
- » Coconut aminos OR Tamari, if needed
- » Rice vinegar
- » Low sugar ketchup
- » Salsa verde
- » Canned green chilies (½ c)
- » Beef bone broth, if needed (1 c)





Monday

Breakfast



2 eggs fried
in butter or
coconut oil

one sausage
patty

[Herbal Coffee](#)
[Bulletproof](#)

Lunch



[Spiced-
Chorizo-
Meatballs](#)

leftovers

basic green
salad

Snacks



2 Tbs Coconut
Manna

Dinner



[2 Keto Italian
Meatballs](#)

1 c cooked
spaghetti
squash

1 c baby
spinach with 1
Tbs grass fed
butter

Tuesday

Breakfast



[Keto-Mexican-
Chocolate-
Shake](#)

Lunch



[Psylli Wrap](#)

(make ahead)

filled with
sardines, cherry
tomatoes and
mayonese

Snacks



[Kale chips](#)

make enough
for 2 days

Dinner



[Cuban Pot
Roast](#)

make enough
for leftovers



Wednesday

Breakfast



[Kale and eggs benedict](#)

[Herbal Coffee Bulletproof](#)

Lunch



[Cuban Pot Roast](#)

leftovers with basic green salad

Snacks



1 hard boiled egg

Dinner



[Pan fried Hake](#)

Thursday

Breakfast



[Chocolate Keto Waffles](#)

Lunch



A grilled chicken breast, with basic green salad and 2 Tbs mayonese

Snacks



[Kale chips](#)

Dinner



[Fish Curry](#)
[cauliflower rice](#)

Make enough for leftovers



Friday

Breakfast



[Eggplant benedict](#)

Lunch



[Fish curry leftovers](#)
[cauliflower rice](#)

Snacks



2 Tbs Coconut Manna

Dinner



[Almond Butter Bacon Burger](#)

Make extra sauce for Sunday lunch

Saturday

Breakfast



[pumpkin-pancakes](#)

[Herbal Coffee Bulletproof](#)

Lunch



[Cucumber Ginger shrimp](#)

Snacks



1 Tbs Coconut Manna

1 Tbs Almond Butter

Dinner



[Bacon and Heart rolls](#)

green salad

[Dessert Keto Key Lime Pie](#)



Sunday

Breakfast



[Chocolate Keto Waffles](#)

Lunch



[Almond Butter Bacon Burger](#)

Snacks



12 almonds

Dinner



[Beef Stew](#)

(make enough for Mon leftovers)

green salad