

# KETO SHOPPING SCHEDULE

Week Of: \_\_\_\_\_

Day	Focus Category	Essential Items to Restock
Monday	FRESH PRODUCE	Spinach / Kale / Arugula Avocado (2-3) Cauliflower / Broccoli
Wednesday	PROTEIN & MEAT	Grass-fed Ground Beef Chicken Thighs (Skin-on) Wild-caught Salmon / Bacon
Friday	DAIRY & FATS	Heavy Cream / Grass-fed Butter Hard Cheeses (Cheddar/Parm) Pasture-raised Eggs
Weekend	PANTRY & SNACKS	MCT Oil / Olive Oil Macadamia Nuts / Almonds Pink Himalayan Salt

## **MEAL PREP REMINDER**

List proteins to defrost or veggies to pre-chop...

## **SPECIALTY/BULK ITEMS**

Monkfruit, Almond Flour, Electrolytes...