



EASY KETO LOW-CARB RECIPES

**KETO LOW-CARB SHARI MAC**

*You Have Everything to Lose*

# 28-Day Keto Kickstarter Grocery List



[ketolowcarbsharimac.com](https://ketolowcarbsharimac.com)

# WEEK 1

## Fruits & Vegetables

6 Avocados  
4 Cups of Mixed Greens  
4 Cups of Shredded Lettuce  
1 Cup of Spinach  
2 Heads of Cauliflower  
4 Zucchini  
1 Red Bell Pepper  
11 Stalks of Celery  
1 Medium + 1 Small Tomato  
1/2 Cup of Cherry Tomatoes  
1 Red Onion  
1 Yellow Onion  
4 Garlic Cloves

## Meats, Eggs & Seafood

454 g of Chicken Thighs  
226 g of Chicken Breast  
9 Eggs  
113 g of Sliced Deli Turkey  
454 g of Ground Beef  
14 Slices of Bacon  
226 g of Salmon Fillet  
2 Cans of Tuna

## Dairy

1 3/4 Cup of Shredded Cheese  
1/2 Cup of Mini Mozzarella Balls  
1/2 Cup + 2 Tbsp of Cream Cheese  
1/4 Cup of Grass-Fed Butter

## Nuts & Seeds

3 Tbsp of Chia Seeds  
2 Tbsp + 1/2 tsp of Sesame Seeds  
1/2 tsp of Poppy Seeds  
1/4 tsp of Black Sesame Seeds

## Baking Supplies

1/4 Cup + 2 Tbsp of Raw Cacao Powder  
1/4 Cup of Coconut Flour  
2 Tbsp of Cocoa Butter  
1 Tbsp of Cacao Nibs  
1/2 tsp of Baking Powder  
1 1/4 tsp of Monk Fruit Sweetener  
1/4 tsp of Vanilla Extract

## Condiments

Bottle of Extra Virgin Olive Oil  
Jar of Coconut Oil  
3 Cups of Unsweetened Almond Milk  
2 Cups of Beef Bone Broth  
1 Cup of Coconut Milk  
1 Can of Diced Tomatoes  
1/2 Cup of Tomato Paste  
1/2 Cup of Avocado Oil Mayo  
1/4 Cup of Peanut Butter  
1 Tbsp of Balsamic Vinegar

## Herbs & Spices

Salt & Pepper  
Dried Oregano  
Dried Rosemary  
Dried Thyme  
Chilli Powder  
Ground Cumin  
Garam Masala  
Ground Turmeric  
Minced Onions  
Minced Garlic

## Extras

3 Servings Chocolate Protein Powder



# GROCERY SHOPPING TIPS

**The grocery lists are as precise as possible and here are a few tips:**

- 1. Ingredients like coconut oil, olive oil, and grass-fed butter are only on the first week's grocery list because they are used daily so be aware if you run out you will need to re-purchase these.**
- 2. Ingredients like almond butter, coconut aminos, almond flour, chia seeds, and baking ingredients are listed in the grocery lists usually as a few tablespoons, but I highly recommend buying these in bulk and checking if you already have them in your pantry before heading to the store.**
- 3. The vegetables are sometimes rounded off, for example when you need two cups of broccoli in a recipe you will only be able to purchase a full head. In this case, I encourage you to use the extra vegetables in other meals or for snacking.**
- 4. There are also recipes with protein powder as an ingredient. Protein powders can be bought by the serving or in a big container. I recommend going to the container if it is something you plan on using past the 28-day meal plan. If not, then finding single servings may be best.**
- 5. Many of these recipes call for fresh herbs like cilantro and basil. To save money I recommend getting these two herbs as a small plants. They are very easy to maintain and don't cost much.**
- 6. Lastly, always check the fridge and pantry before you head out to the grocery store with your list to make sure there are no leftovers.**

# WEEK 2

## Fruits & Vegetables

1/2 Cup of Blueberries  
5 Avocados  
4 Cups of Mixed Greens  
1 Cup of Spinach  
1 Small Head of Romaine Lettuce  
2 Heads of Cauliflower  
1 Green Bell Pepper  
4 Portobello Mushrooms  
1 English Cucumber  
2 Small Tomatoes  
1/4 Cup of Green Onions

## Meats, Eggs & Seafood

454 g of Chicken Thighs  
113 g of Deli Turkey  
12 Eggs  
226 g of Ground Beef  
14 Slices of Bacon  
4 Mild Italian Sausages  
12 Slices of Pepperoni  
2 Cans of Salmon

## Dairy

1 1/4 Cup of Cream Cheese  
1 Cup of Mozzarella Cheese  
1 Cup of Heavy Cream  
1 Cup of Shredded Cheddar Cheese  
12 Cheddar Cheese Cubes  
3 Tbsp of Butter

## Nuts & Seeds

3/4 Cup of Hemp Seeds

## Baking Supplies

1 1/2 Cup of Unsweetened Shredded Coconut  
1/2 Cup + 1 Tbsp of Coconut Flour  
1/4 Cup + 2 Tbsp of Cocoa Powder  
4 tsp of Monk Fruit Sweetener  
1 tsp of Vanilla Extract  
1/2 tsp of Baking Powder

## Condiments

3/4 Cup of Coconut Milk  
1/2 Cup of Tomato Sauce  
12 Olives  
2 Tbsp of Ranch Dressing  
1/4 Cup of Avocado Oil Mayo  
2 tsp of Sugar-Free Hot sauce

## Herbs & Spices

Ground Paprika  
Garlic Powder  
Onion Powder



# WEEK 3

## Fruits & Vegetables

3/4 Cup of Blueberries  
4 Avocados  
4 Cups of Mixed Greens  
4 Cups of Shredded Lettuce  
1 Head of Cauliflower  
1 1/2 Cup of Frozen Cauliflower  
2 Cups of Cauliflower Rice  
7 Small Zucchini  
1 Red Bell Pepper  
5 Stalks of Celery  
1 Medium Tomato  
1/2 Cup of Cherry Tomatoes  
1 Red Onion  
1 Yellow Onion  
4 Garlic Cloves

## Meats, Eggs & Seafood

454 g of Chicken Thighs  
8 Eggs  
226 g of Ground Beef  
255 g of Ham Steak  
5 Slices of Bacon  
226 g of Salmon Fillet  
2 Cans of Tuna

## Dairy

2 1/2 Cups of Shredded Cheese  
1/2 Cup of Mini Mozzarella Balls  
1/4 Cup + 2 Tbsp of Grated Parmesan Cheese  
1/4 Cup of Grass-Fed Butter  
1/4 Cup of Cream Cheese

## Nuts & Seeds

2 Tbsp of Sesame Seeds

## Baking Supplies

1/4 Cup of Coconut Flour  
2 Tbsp of Cocoa Butter  
1 Tbsp of Cacao Nibs  
1 1/4 tsp of Monk Fruit Sweetener  
1/2 tsp of Baking Powder  
1/2 tsp of Vanilla Extract

## Condiments

2 Cups of Beef Bone Broth  
1 Can + 1 Cup of Coconut Milk  
3/4 Cup of Unsweetened Almond Milk  
1 Can of Diced Tomatoes  
1/2 Cup of Tomato Paste  
1/4 Cup + 2 Tbsp of Avocado Oil Mayo  
1 Tbsp of Balsamic Vinegar  
1/4 cup of Peanut Butter

## Extras

3 Servings of Vanilla Protein Powder

# WEEK 4

## Fruits & Vegetables

7 Avocados  
1/2 Cup of Blueberries  
4 Cups of Mixed Greens  
1 Cup of Spinach  
1 Small Head of Romaine Lettuce  
2 Heads of Cauliflower  
1 Green Bell Pepper  
4 Portobello Mushrooms  
1 English Cucumber  
2 Small Tomatoes  
1/4 Cup of Green Onions

## Meats, Eggs & Seafood

454 g of Chicken Breast  
113 g of Deli Turkey  
18 Eggs  
226 g of Ground Beef  
14 Slices of Bacon  
4 Mild Italian Sausages  
2 Cans of Salmon

## Dairy

3 oz of Cheddar Cheese  
1 Cup of Mozzarella Cheese  
1 Cup of Heavy Cream  
1 Cup of Shredded Cheddar Cheese  
1 Cup of Cream Cheese  
1/4 cup + 2 Tbsp of Grass-Fed Butter

## Nuts & Seeds

1 Tbsp of Ground Flaxseeds

## Baking Supplies

1 3/4 Cup of Almond Flour  
1/2 Cup of Shredded Coconut  
1/2 Cup + 1 Tbsp of Coconut Flour  
1 1/4 tsp of Monk Fruit Sweetener  
3/4 tsp of Baking Soda  
1/2 tsp of Baking Powder  
3/4 tsp of Vanilla Extract

## Condiments

1/2 Cup of Tomato Sauce  
2 Tbsp of Ranch Dressing  
1/4 Cup of Avocado Oil Mayo  
2 tsp of Sugar-Free Hot sauce



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