



# KETO PLAN

## SHOPPING LIST

- ½ tbsp Balsamic Vinegar
- Salt & Pepper
- Cinnamon
- Garlic Powder
- Olive Oil
- Cooking Spray
- 2 Red Peppers
- ½ Avocado
- 6 Roma Tomatoes
- ½ Cucumber
- 4 Large Lettuce Leaves
- 1½ cups Shaved Brussels Sprouts
- 5 oz Green Beans
- ½ cup Basil, Sliced
- 1 Portobello Mushroom
- 1 cup Mushrooms
- 2 cloves Garlic
- ½ White Onion
- ½ Red Onion
- 2 Zucchini
- 2 cups Zoodles (Zucchini Noodles)
- 1 cup Strawberries
- 1 cup Blueberries
- ½ cup Blackberries
- ½ cup Raspberries
- 2 Apples, Red or Green
- 1 Pear, Sliced
- 1 Banana
- 1 Lemon
- 6 oz Salmon
- 4 oz Shrimp (No Shell)
- 6 oz Ground Beef
- 5 slices Greenridge Turkey
- 1 Chicken Breast
- 1 Sausage
- Nuts (1 cup for Snack)
- ½ cup Walnuts
- 2 tbsp Peanut Butter, Natural
- 2 pieces Dark Chocolate
- 1 Think! Chocolate PB Pie Bar
- ½ cup Coconut Cream
- 1 can Tomato Sauce
- 1 can Tuna
- ½ can Diced Tomatoes
- ½ cup Cheddar Cheese
- 2 slices Swiss Cheese
- 1 cup Mozzarella/Burrata
- 1 slice Parmesan Cheese
- 3 oz Brie Cheese
- 1 cup Greek Yogurt
- 6 Eggs