



Checklist for Menu Plan Week 1

Keto Living Day by Day Week 1 Meal Plan (pages 60-61)

Recipes for the Week	Shopping List
<i>Baked Bacon (page 188)</i>	Bacon
<i>Simple Roasted Pork (page 310)</i>	Pork tenderloin
<i>Roasted Chicken Wings (page 259)</i>	Chicken wings
<i>Noodle-less Lasagna (page 286)</i>	Ground beef
<i>Basic Fatty Burgers (page 276)</i>	Italian sausage
<i>Breakfast Sausage (page 224)</i>	Ground pork
<i>Spinach Salad with Hot Bacon Fat Dressing (page 353)</i>	Spinach
<i>Creamed Brussels Sprouts (page 361)</i>	Brussels sprouts
<i>Blue Cheese Dressing (page 213)</i>	Broccoli
<i>Roasted Broccoli (page 351)</i>	Onion
	zucchini
STAPLES	Full-fat ricotta cheese
Eggs	Mozzarella cheese
Heavy Cream	Parmesan cheese
Butter	Blue cheese
Olive oil	Cheddar cheese for shredding
Sour Cream	Yellow mustard
Cream cheese	Mayonnaise (page 192 or store-bought)
White vinegar	Dijon mustard
Balsamic vinegar	8-ounce can tomato sauce (2)
Apple cider vinegar	Italian seasoning
Salt	Garlic, fresh
Pepper	Garlic powder
Pork Rinds	Onion powder
	Sage, dried
	Red pepper flakes
	Thyme, dried