



Checklist for Menu Plan Week 2

Keto Living Day by Day Week 2 Meal Plan (pages 64-66)

Recipes for the Week	Shopping List
<i>Baked Bacon (page 188)</i>	Bacon
<i>Sweet Dutch Baby (page 246)*</i>	Mexican-style chorizo
<i>KeDough Pizza (page 216)</i>	Ham
<i>Taco Bake (page 312), guacamole (page 205), or Simple Salsa Fresca (page 206)</i>	Ground beef
<i>Broccoli Ham, and Cheese Frittata (page 232)</i>	Boneless, skinless chicken thighs
<i>BLT Boats (page 258) with Ranch Dressing (page 209)</i>	Whole chicken
<i>20-Minute Skillet (page 288)*</i>	Cauliflower and broccoli
<i>Breakfast pizza (page 238)</i>	Celery and bean sprouts
<i>Savory Dutch Baby (page 248)</i>	Lime and lemon
<i>Whole Roasted Chicken (page 316), Homecoming Broccoli Salad (page 350)</i>	Green onion and avocado
<i>Skinny Chicken Fried Rice (page 332)</i>	Green bell peppers
STAPLES	Cilantro, red onion, jalapeno
Eggs	Cucumber and Tomatoes
Heavy Cream	Gruyere or Swiss cheese
Butter	Mozzarella cheese
Olive oil	Parmesan cheese
Sour Cream	Cheddar cheese
Cream cheese	Canned crushed tomatoes
Red vinegar, apple cider vinegar, and/or white vinegar	Avocado oil
Mustard and Mayonnaise (page 192 or store-bought)	Coconut aminos or tamari
Vanilla extract	Sesame oil
Liquid sweetener, granulated sweetener, and/or powdered sweetener	Cumin
Whey protein isolate	Dill Weed, dried
Baking powder	Garlic, fresh
Garlic powder, onion powder, cinnamon, Italian seasoning, Chili powder, Cumin	Mustard powder
Onion and Mushrooms	Parsley, dried
Romaine lettuce	Jane's Crazy Mixed-Up Salt

*Recipe is available on my website www.cookingketowithkristie.com