



Checklist for Menu Plan Week 3

Keto Living Day by Day Week 3 Meal Plan (pages 144-157)

| Recipes for the Week | Shopping List |
|--|-----------------------------------|
| <i>Pizza Skillet Scramble (page 228)</i> | Bacon |
| <i>Pork Rind Nachos (page 260) Chile Con Queso (page 200)</i> | Mexican-style chorizo |
| <i>Burgers (6 ways) (page 276) with Parmesan Peppercorn Dressing (page 210)</i> | Ham |
| <i>Minute Mug Omelet (page 222)</i> | Ground beef |
| <i>Pork Ribs (page 306) with Ranch Cauli Mash w/bacon (page 345)</i> | Boneless, skinless chicken thighs |
| <i>Western Quiche (page 231)</i> | Baby back ribs |
| <i>Taco Bake (page 312)</i> | Boneless, Beef Chuck Roast |
| <i>Eggs in Purgatory (page 230)</i> | Cucumber, Celery |
| <i>Antipasti Platter (page 268)</i> | Lemon juice |
| <i>Pickle-brined chicken tenders (page 318) w/ Parm pepper dressing (page 210)</i> | Cauliflower & Broccoli |
| <i>Sweet Dutch Baby (page 246)</i> | Green bell peppers |
| <i>Chicken Broccoli Alfredo (page 333)</i> | Plain Pork Rinds |
| <i>Chicken Salad (page 328)</i> | Pork Rind Dust |
| <i>Mississippi Roast (page 296) with Skillet Mushrooms (page 349)</i> | Italian sausage |
| <i>Breakfast Pizza (page 238)</i> | Canadian bacon |
| <i>Shredded Mexican Chicken (page 329)</i> | Dill pickle juice |
| STAPLES | Jalapeno |
| Eggs | Cucumber & Sliced Tomatoes |
| Heavy Cream | White American Cheese |
| Butter/Ghee | Mozzarella cheese |
| Olive oil | Parmesan cheese |
| Sour Cream | Cheddar cheese |
| Cream cheese | Canned crushed tomatoes |
| Worcestershire sauce | Tomato Sauce |
| Balsamic Vinegar | Basil, Fresh |
| Mustard and Mayonnaise (page 192 or store-bought) | Canned green chilies |
| Vanilla extract | Ground coffee |

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| Pepperoni, Proscuitto, Salami, Soppressata | |
| Liquid sweetener, granulated sweetener, and/or powdered sweetener | Smoked Paprika |
| Whey protein isolate | Dill Weed, dried |
| Blanched almond flour | Thyme, dried |
| Baking powder | Garlic, fresh |
| Garlic powder, onion powder, cinnamon, Italian seasoning, Chili powder, Cumin | Mustard powder |
| Onion, Red Onion, Mushrooms | Parsley, dried |
| | Cilantro, fresh |

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