



## Checklist for Menu Plan Week 4

Keto Living Day by Day Week 4 Meal Plan (pages 158-173)

Recipes for the Week	Shopping List
<i>Keto Pancakes (page 240) w/ Simple Syrup (page 244)</i>	Bacon
<i>Pulled Pork (page 304) BBQ Sauce (page 195) Mom's Coleslaw (page 366)</i>	Boneless pork butt/shoulder
<i>KeDough Pizza (page 216)</i>	Mexican-style chorizo
<i>Southwestern Fritta (234)</i>	Ground beef, Ground Pork
<i>Big Mac Salad (283) Thousand Island Dressing (page 211)</i>	Boneless, skinless chicken thighs
<i>Open face taco (page 280)</i>	Salmon Fillet, wild-caught
<i>Skillet Pizza (page 314)</i>	Boneless, skinless chicken breast
<i>Baked Cauli Mac n Cheese (368) w/ leftover pulled pork</i>	Cauliflower and broccoli
<i>Chicken Philly Cheesecake Casserole (page 322)</i>	Lemon juice, lemon zest
<i>One-minute French toast (page 242) w/ Simple Syrup (page 244)</i>	Green onion and avocado
<i>Taco Soup (page 302)</i>	Green bell peppers
<i>Baked Salmon w/Dill sauce (page 334) w/ Roasted Broccoli (page 351)</i>	Cabbage, shredded
<i>Breakfast Pizza (page 238)</i>	Pizza toppings, your choice
<i>Lemon mushroom chicken (page 326) w/ Cauli Rice (page 343)</i>	Tomato sauce, canned
<i>Breakfast sausage (page 224) with eggs</i>	Zucchini, chopped
<b>STAPLES</b>	Cilantro, red onion, jalapeno
Eggs	Tomatoes, chopped
Heavy Cream	Dill pickle slices
Butter/Ghee	Mozzarella cheese
Olive oil	Parmesan cheese
Sour Cream	Cheddar cheese
Cream cheese	Provolone Cheese Slices
Red vinegar, apple cider vinegar, and/or white vinegar	Pork rind dust
Dijon mustard, Mustard and Mayonnaise (page 192 or store-bought)	Worcestershire sauce
Ketchup (page 190 or sugar-free store-bought)	Beef & chicken Bone Broth
Vanilla extract, Maple extract	Poppy seeds, Sesame seeds
Liquid sweetener, granulated sweetener, and/or powdered sweetener	Dill pickle relish, sugar free

Whey protein isolate	Dill Weed, dried
Baking powder	Garlic, fresh
Garlic powder, onion powder, cinnamon, Italian seasoning, Chili powder, Cumin	Mustard powder
Onion, dried minced onion	Parsley, dried
Lettuce, shredded	Smoked paprika
Cayenne pepper	Italian Seasoning

\*Recipe is available on my website [www.cookingketowithkristie.com](http://www.cookingketowithkristie.com)