Ingredient	Quantity
Baking Products	
Apple cider vinegar (or coconut vinegar)	0.06 cups
Baking powder	0.01 cups
Beef bone broth ((I used Kettle and Fire))	0.25 cups
Beef Broth	0.50 cups
Beef Broth ((homemade if possible!))	0.25 cups
Chicken bone broth ((homemade preferred and will create a thicker soup))	5 cups
Coconut aminos ((or organic Tamari/soy sauce))	0.06 cups
Lemon juice (freshly squeezed)	0.02 cups
Rice vinegar ((check for sugar))	0.25 cups
Unsweetened cocoa powder	0.28 cups
Canned Items	
Anchovies (chopped)	2 ounces
Can crabmeat (lump, drained)	12 ounces
Capers ((rinsed and drained))	0.12 cups
Olives (green, chopped plus extra for garnish)	0.19 cups
Tomato sauce	0.81 cups
Condiments	
Dijon mustard	0.01 cups
Mayonnaise ((homemade preferred), can use egg free mayo if egg allergy)	0.33 cups
Eggs	
Eggs	1 large
Eggs (sunny side up, omit if egg free)	6 large
Egg whites (hard boiled)	20 large
Egg whites (hard-boiled)	10
Egg yolks	1 large
Eggs	8 large
Eggs (poached)	4 large
Hard boiled eggs	2 large
Fats and Oils	
Avocado oil	0.06 cups

Ingredient	Quantity
Avocado oil (spray for grill)	
Coconut oil	0.25 cups
Paleo fat (or butter for frying)	0.06 cups
Fresh Herbs	
Basil leaves (garnish)	
Chives (chopped)	0.25 cups
Fresh cilantro (leaves)	0.25 cups
Fresh flat-leaf parsley (chopped, plus more for garnish)	0.06 cups
Fresh ginger (freshly grated)	0.06 cups
Fresh ginger (grated)	0.03 cups
Fresh oregano	0.04 cups
Milk and Drinks	
Unsweetened almond milk ((or unsweetened cashew milk))	3 cups
Unsweetened almond milk ((or unsweetened cashew milk))	1 cup
Other Recipes	
Keto "Minute English Muffin"	4
Produce	
Avocado (cubed into ½ inch chunks)	0.75 cups
Bell peppers ((1 red, 1 green), sliced 1/2 inch thick)	2
Celery stalk (cut into 1/4-inch pieces)	0.50 cups
Clove garlic (minced (or 1 tablespoon minced garlic))	3
Diced tomatoes (with juice)	14 ounces
Green chiles (chopped)	1
Green onions	0.50 cups
Jalapeño peppers (thinly sliced (with seeds))	1
Lemon (juice)	0.25 cups
Minced garlic	0.03 cups
Minced garlic (or 3 cloves garlic, minced)	0.04 cups
Mushrooms (Shitake (button mushrooms), sliced)	16 ounces
Onion (chopped)	0.13 cups
Onion (sliced thin)	0.50 cups
Red bell pepper (chopped)	0.50

Ingredient	Quantity
Red onion (diced)	0.25 cups
Spinach (or other greens)	2 cups
Tomato (sliced ¼ inch thick)	1 slice
Tomatoes (diced or 1 15 -ounce can diced tomatoes)	1 large
Protein Powder	
Jay Robb unflavored egg white protein powder ((Jay Robb vanilla egg white preferred))	0.06 cups
Proteins	
Bacon (diced (fried))	2 pieces
Bacon (diced, fried and crumbled)	0.75 cups
Beef brisket (cut into 2 inch long strips cut across the grain)	32 ounces
Chorizo sausage (removed from casing)	8 ounces
Cod fillets	24 ounces
Ground beef 80% lean	16 ounces
Ground beef 80% lean (grass fed)	8 ounces
Ground pork	8 ounces
Ham (about 4 inches in diameter)	6 slices
Shrimp (peeled and deveined)	16 jumbo
Spices and Extracts	
Cayenne pepper	0.01 cups
Chili powder	0.07 cups
Fine grain sea salt (or Redmond Real salt)	0.07 cups
Fine grain sea salt (or Redmond Real Salt)	0.003 cups
Fresh ground black pepper	pinch
Fresh ground black pepper	0.05 cups
Fresh ground black pepper (for garnish)	
Garlic powder	0.01 cups
Ground cinnamon	0.01 cups
Ground cumin	0.06 cups
Ground dried oregano	0.03 cups
Onion powder	0.01 cups
Orange extract	0.08 cups
Paprika	0.01 cups

Ingredient	Quantity
Red chili paste (red paste)	0.06 cups
Sea salt (Celtic)	0.01 cups
Sea salt (fine grain)	0.09 cups
Smoked paprika	0.01 cups
Tarragon (minced fresh leaves)	0.02 cups
Vanilla extract	0.04 cups
Vanilla extract ((option sub 1 teaspoon for almond extract if not allergic to almonds))	0.02 cups
Sweeteners	
Confectioners Swerve	0.12 cups
Stevia glycerite ((optional))	0.01 cups
Stevia glycerite (optional)	0.01 cups
Stevia glycerite (orange)	drops
Swerve (confectioners (or equivalent amount of liquid or powdered sweetener))	0.75 cups