

Ingredient	Quantity
Baking Products	
Apple cider vinegar (or coconut vinegar)	0.06 cups
Baking powder	0.01 cups
Beef bone broth	0.25 cups
Beef bone broth (homemade or store-bought)	0.06 cups
Beef bone broth (homemade or store-bought)	2 cups
Chicken bone broth ((boxed will work but homemade will be thicker))	0.50 cups
Chicken bone broth ((boxed will work, homemade will make thicker soup))	4 cups
Chicken bone broth ((I used Kettle and Fire))	0.50 cups
Coconut aminos ((or organic Tamari sauce))	0.12 cups
Coconut vinegar ((or red wine vinegar), divided)	3 tablespoons plus 2 teaspoons
Coconut vinegar (or rice vinegar)	0.06 cups
Cream of tartar	0.01 cups
Fish sauce	0.01 cups
Lemon juice (about 2 large tablespoons)	1
Lemon juice (freshly squeezed)	0.02 cups
Unsweetened cocoa powder	0.28 cups
Canned Items	
Can crabmeat (lump, drained)	12 ounces
Capers	0.12 cups
Sauerkraut (for fermentation)	
Sauerkraut (plus 2 tablespoons sauerkraut juice, diced fine and excess moisture removed)	1.25 cups
Tomato paste	0.06 cups
Tomato sauce	0.25 cups
Condiments	
Dijon mustard	0.03 cups
Mayonnaise ((homemade preferred), can use egg free mayo if egg allergy)	0.33 cups
Organic Tamari (sauce)	0.02 cups
Organic Tamari (soy sauce)	0.02 cups
Organic Tamari (wheat-free (soy sauce))	0.33 cups
Salsa (pureed)	0.50 cups

Ingredient	Quantity
Dairy	
Swiss cheese (shredded (omit if dairy free))	1 cup
Eggs	
Eggs	1 large
Egg whites	30 large
Egg whites (hard-boiled)	10
Eggs	4 large
Eggs ((omit if egg free))	4 large
Eggs (large, separated and at room temperature)	2 large
Eggs (soft boiled, omit if egg free)	4 large
Hard boiled eggs	2 large
Fats and Oils	
Avocado oil (spray for grill)	
Coconut oil	0.69 cups
Coconut oil ((or butter if not dairy sensitive))	0.19 cups
Coconut oil (or duck fat)	0.02 cups
Lard (tallow or coconut oil, for frying)	0.02 cups
MCT oil (or expeller pressed olive oil)	0.19 cups
Sesame oil	0.06 cups
Fresh Herbs	
Chives (fresh)	
Fresh cilantro (chopped)	0.12 cups
Fresh flat-leaf parsley (for garnish)	
Fresh ginger (grated)	0.07 cups
Fresh thyme	1 sprig
Fresh thyme leaves	
Milk and Drinks	
Unsweetened almond milk ((or unsweetened cashew milk))	1 cup
Other Recipes	
Keto Thousand Island Dressing	
Slow cooker chicken thighs (leftover, Shredded)	1 cup
Produce	

Ingredient	Quantity
Celery stalk (cut into 1/4-inch pieces)	0.50 cups
Chipotle peppers (pureed)	0.12 cups
Clove garlic	2
Clove garlic (minced)	4
Clove garlic (smashed to a paste)	1
Garlic (minced)	0.50 clove
Garlic (minced)	0.01 cups
Green cabbage (shredded)	2 cups
Green onion (diced)	0.25 cups
Green onions (chopped)	0.50 cups
Green onions (sliced)	
Mushrooms (sliced thin)	2 cups
Onion (chopped)	0.25 cups
Onion (diced)	0.63 cups
Onion (minced)	0.50 cups
Onion (white, chopped)	0.50 large
Onions (chopped)	0.13 cups
Poblano chiles (medium, (about 1 pound))	2
Portobello mushrooms (quartered)	12 ounces
Purple cabbage (for garnish)	
Red onion (diced)	0.25 cups
Scallions (sliced on the diagonal, for garnish)	
Scallions (thinly sliced)	
Tomatillos (chopped husked)	1 cup
Tomatoes (chopped)	3 cups
Zucchini (made into noodles)	4 cups
Protein Powder	
Jay Robb unflavored egg white protein powder ((Jay Robb vanilla egg white preferred))	0.06 cups
Proteins	
Bacon (chopped into bite size pieces)	4 slices
Bacon (diced)	8 ounces
Boneless skinless chicken breasts (boneless, skinless cut into bite sized pieces)	32 ounces

Ingredient	Quantity
Chicken thighs	4
Chicken wings ((about 12 wings))	16 ounces
Chorizo sausage (raw pork)	4 ounces
Corned beef (finely diced)	16 ounces
Ground beef 95% lean (extra lean)	16 ounces
Ground pork	16 ounces
Pork belly (in package; cut into 1/4-inch pieces)	12 ounces
Shrimp (peeled and deveined)	32 jumbo
Venison tenderloin (or beef tenderloin)	8 ounces
Spices and Extracts	
Caraway seeds	0.02 cups
Chili flakes (flakes (or ½ tablespoon chili powder))	0.06 cups
Chili powder	0.02 cups
Crushed red pepper flakes	
Crushed red pepper flakes	0.06 cups
Dried thyme (leaves)	0.03 cups
Fine grain sea salt (or Redmond Real salt)	0.04 cups
Fine grain sea salt (or Redmond Real Salt)	0.003 cups
Fine grain sea salt (to taste)	
Fresh ground black pepper	
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	0.02 cups
Ground dried oregano	0.02 cups
Onion powder	0.01 cups
Sea salt	0.02 cups
Sea salt (Celtic salt, plus more as needed)	0.01 cups
Sea salt (fine grain)	0.09 cups
Sea salt and pepper to taste (or Redmond Real salt)	
Smoked paprika	0.02 cups
Strawberry extract	0.02 cups

Ingredient	Quantity
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))	2 drops
Swerve (confectioners (or equivalent amount of liquid or powdered sweetener))	0.25 cups
Swerve (Confectioners (or equivalent))	0.33 cups
Swerve (confectioners'- style sweetener or equivalent amount of powdered sweetener)	0.75 cups