

Ingredient	Quantity
Baking Products	
Apple cider vinegar	0.12 cups
Baking powder	0.04 cups
Beef bone broth (or chicken broth (homemade page or store-bought))	1 cup
Beef bone broth (or chicken broth)	0.50 cups
Chicken bone broth ((boxed will work, homemade preferred))	1 cup
Chicken bone broth ((boxed will work))	4 cups
Chicken bone broth ((homemade preferred and will create a thicker soup))	5 cups
Chicken bone broth (or beef broth (homemade or store-bought))	0.25 cups
Coconut aminos ((or organic Tamari/soy sauce))	0.06 cups
Fish sauce ((or 2 teaspoons if you are like me!))	0.02 cups
Lemon juice	0.12 cups
Lime juice (fresh)	0.13 cups
Liquid smoke ((optional))	0.02 cups
Liquid smoke ((optional))	0.003 cups
Rice vinegar ((check for sugar))	0.25 cups
Canned Items	
Chipotle chiles in adobo sauce	1.50
Tomato sauce ((or Primal Kitchen Ketchup: click here to get 20% off))	0.25 cups
Condiments	
Prepared yellow mustard	0.12 cups
Salsa	
Salsa ((I used green salsa))	0.50 cups
Stone-ground mustard	0.37 cups
Eggs	
Eggs	1 large
Egg whites	11 large
Egg yolks	3 large
Eggs	21 large
Eggs (poached)	4 large

Ingredient	Quantity
Eggs whites	12 large
Fats and Oils	
Coconut oil	0.16 cups
Coconut oil (for frying (or other fat such as lard, tallow, duck fat))	1 cup
MCT oil (or extra virgin olive oil for garnish)	
Paleo fat (or butter for frying)	0.06 cups
Fresh Herbs	
Basil leaves (garnish)	
Chives (chopped)	0.25 cups
Fresh chives (fresh chopped)	0.25 cups
Fresh cilantro	
Fresh cilantro (chopped fine)	0.06 cups
Fresh cilantro (chopped)	0.13 cups
Fresh cilantro (leaves)	0.25 cups
Fresh ginger (freshly grated)	0.06 cups
Fresh ginger (grated)	0.28 cups
Fresh ginger (ground)	0.02 cups
Fresh thyme	1 sprig
Milk and Drinks	
Unsweetened almond milk	1.50 cups
Other Recipes	
Guacamole	
Hollandaise (carnivore, (Optional Garnish))	
Keto "Minute English Muffin"	4
Produce	
Button mushrooms (diced)	1 cup
Cabbage (or lettuce for shell)	
Clove garlic (minced)	2
Garlic (minced (or 2 teaspoons minced garlic))	1 cloves
Green onions	0.50 cups
Lime (juice)	0.25 cups
Lime wedges	

Ingredient	Quantity
Minced garlic	0.10 cups
Mushrooms (Shitake (button mushrooms), sliced)	16 ounces
Onion (chopped)	0.50 cups
Onion (diced)	0.75 cups
Onion (thick sliced)	0.25 cups
Spinach (or other greens)	2 cups
Tomato (sliced ¼ inch thick)	1 slice
Tomatoes (whole peeled in can, drained)	14 ounces
Protein Powder	
Jay Robb unflavored egg white protein powder	0.50 cups
Proteins	
Boneless skinless chicken thighs (cut into ½ inch pieces)	1
Chicken thighs (skin removed for cracklings)	4
Chorizo sausage (smoked, (1 pound sliced, 1 pound removed from casing))	16 ounces
Country style pork short ribs	32 ounces
Filet mignon (about 1 1/4 inch thick)	16 ounces
Ground beef 80% lean	16 ounces
Ground beef 95% lean (extra lean)	32 ounces
Ground pork	13.33 ounces
Halibut ((or other fish))	16 ounces
Ham (about 4 inches in diameter)	12 slices
Ham (diced extra lean)	0.50 cups
Prosciutto	6 slices
Shrimp (extra jumbo, (with shells on), deveined and butterflied (see note below))	32 ounces
Spices and Extracts	
Apple extract	0.08 cups
Cayenne pepper	0.01 cups
Fine grain sea salt (divided)	0.04 cups
Fine grain sea salt (or Redmond Real salt)	0.14 cups
Fresh ground black pepper	0.06 cups
Fresh ground black pepper	pinch

Ingredient	Quantity
Garlic powder	0.02 cups
Ground cumin	0.03 cups
Ground dried oregano (leaves)	0.03 cups
Onion powder	0.02 cups
Paprika (smoked)	0.06 cups
Red chili paste (red paste)	0.06 cups
Sea salt	0.01 cups
Sea salt (fine grain)	0.11 cups
Sea salt and pepper to taste (fine grain)	
Sweeteners	
Liquid stevia	drops
Stevia glycerite ((optional))	0.01 cups
Stevia glycerite ((or a few drops liquid stevia))	0.02 cups
Swerve (confectioners (or equivalent))	0.50 cups