

Ingredient	Quantity
Baking Products	
Baking powder	0.01 cups
Beef bone broth ((homemade or boxed will work))	0.50 cups
Beef Broth ((homemade if possible!))	0.50 cups
Chicken bone broth ((boxed will work but homemade will be thicker))	0.50 cups
Chicken bone broth ((boxed will work))	4 cups
Chicken bone broth ((homemade preferred and will create a thicker soup))	5 cups
Coconut aminos ((or organic Tamari/soy sauce))	0.81 cups
Fish sauce ((optional umami flavor addition))	0.06 cups
Lemon juice	0.12 cups
Rice vinegar ((check for added sugar))	0.12 cups
Rice vinegar ((check for sugar))	0.25 cups
Canned Items	
Black olives	1 cup
Tomato sauce	1 cup
Condiments	
Organic Tamari (or coconut aminos)	0.25 cups
Eggs	
Eggs	1 large
Eggs (sunny side up, omit if egg free)	12 large
Egg yolks	1 large
Eggs	4 large
Eggs (poached)	4 large
Hard boiled eggs	2 large
Fats and Oils	
Coconut oil	0.25 cups
Lard (chilled (or chilled butter if not dairy sensitive))	1 cup
MCT oil	0.19 cups
MCT oil (or extra virgin olive oil for garnish)	
Paleo fat (or butter for frying)	0.06 cups
Fresh Herbs	

Ingredient	Quantity
Basil leaves (fresh)	1 cup
Basil leaves (garnish)	
Chives (chopped)	0.25 cups
Fresh cilantro (leaves)	0.25 cups
Fresh ginger (finely grated)	0.04 cups
Fresh ginger (freshly grated)	0.06 cups
Fresh ginger (grated)	0.01 cups
Fresh thyme	2 sprig
Fresh thyme (leaves (or other herb))	0.02 cups
Other Recipes	
Keto "Minute English Muffin"	4
Produce	
Avocado (cubed into ½ inch chunks)	1.50 cups
Chipotle peppers (pureed)	0.12 cups
Clove garlic (finely grated or minced)	6
Clove garlic (minced)	5
Clove garlic (peeled)	4
Diced tomatoes (with juice)	28 ounces
Diced tomatoes (with juices)	2 cups
Green chiles (chopped)	2
Green onions	0.50 cups
Green onions (for garnish)	
Lemon (juiced)	1 whole
Minced garlic	0.05 cups
Mushrooms (quartered)	16 ounces
Mushrooms (Shitake (button mushrooms), sliced)	16 ounces
Onion (chopped)	1.25 cups
Onion (diced)	0.25 cups
Onion (white, chopped)	0.50 large
Red bell pepper (chopped)	1
Spinach (or other greens)	2 cups
Tomatillos (chopped husked)	1 cup
Tomato (sliced ¼ inch thick)	1 slice

Ingredient	Quantity
Tomatoes (chopped)	3 cups
Protein Powder	
Jay Robb Vanilla Protein Powder (egg white)	0.06 cups
Proteins	
Bacon (diced (fried))	4 pieces
Bacon (diced, fried and crumbled)	1.50 cups
Boneless skinless chicken thighs	8
Chicken thighs (skin removed for cracklings)	4
Chicken wings ((about 12 wings))	16 ounces
Chorizo sausage (raw pork)	4 ounces
Chorizo sausage (removed from casing)	16 ounces
Ground beef 80% lean	16 ounces
Ground beef 80% lean (grass fed)	16 ounces
Ground pork	8 ounces
Pork shoulder	64 ounces
Shrimp (deveined raw with shells on)	32 ounces
Spices and Extracts	
Cayenne pepper	0.01 cups
Chili powder	0.12 cups
Cinnamon	0.06 cups
Fresh ground black pepper	0.08 cups
Fresh ground black pepper	pinch
Ground cumin	0.02 cups
Ground dried oregano	0.05 cups
Orange oil ((or orange extract))	3 drops
Paprika	0.01 cups
Red chili paste (red paste)	0.06 cups
Sea salt	0.04 cups
Sea salt (Celtic)	0.01 cups
Sea salt (fine grain)	0.10 cups
Sea salt and pepper to taste (fine grain)	
Vanilla extract ((option sub 1 teaspoon for almond extract if not allergic to almonds))	0.02 cups

Ingredient	Quantity
Sweeteners	
Confectioners Swerve	0.12 cups
Confectioners Swerve ((or equivalent))	0.33 cups
Stevia glycerite ((optional))	0.01 cups
Stevia glycerite (optional)	0.02 cups