

Ingredient	Quantity
Baking Products	
Beef Broth (or chicken broth)	1 cup
Chicken bone broth	1.50 cups
Chicken bone broth (or beef broth (boxed will work))	0.25 cups
Coconut milk (full fat)	1 can
Coconut milk (in can)	14 ounces
Lime juice	1
Liquid smoke	0.04 cups
Unsweetened cocoa powder	0.25 cups
Canned Items	
Black olives (sliced)	2 cups
Tomato sauce	1 cup
Condiments	
Dairy-Free Ranch Dressing	0.50 cups
Hot sauce	0.06 cups
Mayonnaise ((homemade or baconaise preferred))	1 cup
Mayonnaise ((paleo mayo or homemade) (sour cream if not dairy sensitive))	0.25 cups
Thai red curry paste	0.09 cups
Eggs	
Eggs	12 large
Eggs (poached)	4 large
Hard boiled eggs ((use only the yolks if under age 1))	10
Hard boiled eggs (chopped)	4 large
Hard boiled eggs (sliced (omit if egg free))	6
Fats and Oils	
MCT oil (or expeller pressed extra virgin olive oil, divided)	0.12 cups
MCT oil (or quality olive oil)	1 cup
Paleo fat (or butter for frying)	0.06 cups
Fresh Herbs	
Basil leaves (garnish)	
Chives (chopped)	0.25 cups

Ingredient	Quantity
Chives (fresh)	0.06 cups
Fresh cilantro	0.25 cups
Fresh dill	1 sprig
Fresh ginger (unpeeled scrubbed, cut into 1/2"-thick slices)	0.50 ounces
Fresh thyme (garnish)	
Fresh thyme (sprig, or other herb)	1
Milk and Drinks	
Water	8 cups
Other Recipes	
Creamy Cucumber Dill Sauce (See Below)	0.50 cups
Keto "Minute English Muffin"	4
Produce	
Avocado	
Celery stalk (diced)	1 cup
Clove garlic	1
Clove garlic (minced (or 2 teaspoons minced garlic))	2
Cucumber	
Cucumber (diced)	1.19 cups
Garlic (crushed)	2 cloves
Green onions (sliced into ½ inch pieces)	0.25 cups
Green onions (sliced thin)	0.25 cups
Lemon (sliced thin)	1
Limes (Juice and zest)	0.50
Limes (sliced thin)	1
Napa Cabbage (sliced thin)	1 cup
Onion (diced)	0.25 cups
Onion (thick sliced)	0.50 cups
Purple cabbage (diced)	2 cups
Radicchio (diced or romaine)	1 cup
Radishes	
Red onion (chopped)	0.25 cups
Romaine lettuce (chopped, option: sub 3 cups for purple cabbage (for colorful salad))	6 cups

Ingredient	Quantity
Shallots (diced)	3
Spinach (or other greens)	2 cups
Tomato (diced)	1 cup
Tomato (sliced ¼ inch thick)	1 slice
Proteins	
Bacon (cooked and diced)	0.50 cups
Chicken breasts (skinless boneless, cut into 2 inch pieces)	16 ounces
Chicken thighs (bone in)	4
Country style pork short ribs	64 ounces
Ground beef 80% lean	16 ounces
Halibut (fillets (four 6-ounce fillets))	24 ounces
Ham (about 4 inches in diameter)	12 slices
Ham (chopped or diced cooked bacon)	16 ounces
Salmon fillets (six 4 ounce, wild caught)	24 ounces
Spices and Extracts	
Cinnamon	0.02 cups
Crushed red pepper flakes (for garnish)	
Fresh ground black pepper	0.08 cups
Fresh ground black pepper (pinch)	
Paprika (smoked)	
Sea salt (fine grain)	0.16 cups
Sea salt and pepper to taste	
Vanilla extract	0.04 cups
Sweeteners	
Confectioners Swerve (or equivalent)	0.12 cups
Confectioners Swerve (plus 1-2 tsp stevia glycerite (or to desired sweetness))	0.50 cups