

Keto Class Shopping List

Produce:

- 1 Cauliflower
- 4 Garlic Cloves
- 4 Lemons
- Choice of Veggies for Crudit 
- 1 Napa Cabbage
- 1 Red Cabbage
- 3 Carrots
- 1 Jalapeno
- 1 Bunch Green Onion
- 2 Bunches Cilantro
- 1 Bunch Dill
- 2 Avocados
- 4 Limes
- 1 Shallot
- 1 Sprig of Mint
- Frozen Strawberries
- 1 Tomato
- 2 White Onions
- 1 Red Onion
- 1 Celery Stock
- 2 Zucchini
- 1 Bunch Basil
- 1 Butter Lettuce
- Fresh Strawberries

Proteins:

- 2 Racks of Baby Back Ribs
- 8 oz Cod Fish
- 1.5 LB Shrimp
- 1 LB Mussel
- 1 LB Short Ribs

Dairy:

- Butter
- Shredded Mozzarella
- White Cheddar
- Sour Cream
- Mayonnaise
- Heavy Cream
- Queso Fresco

Essentials:

- Coffee
- Salt
- Paprika
- Granulated Garlic
- Granulated Onions
- Chili Flakes
- Chipotle Powder
- Dry Thyme Leaves
- Avocado Oil
- Olive Oil
- White Wine
- Small Can Diced Tomatoes
- Old Bay Seasoning
- Chicken Broth
- Erythritol or Monk Fruit Sweetener