

Shopping List



Ketogenic
Protocol

Ketogenic Protocol (Shopping List to Serve 2)

Pantry Staples for the Month

DAIRY

Organic grass-fed butter
1 lb. of your favorite organic cheese per protocol list

SPICES (Always organic)

Cajun spice
Chili powder
Chipotle powder
Cinnamon
Coriander - ground
Cumin - ground
Curry powder
Garlic powder
Ginger
Mustard
Onion powder
Oregano - dried
Paprika - smoked
Paprika
Pepper
Peppercorn - tricolored
Real salt or unrefined sea salt
Red cayenne pepper – ground
Red-pepper flakes
Seafood seasoning
Turmeric
Vanilla extract

CALTON NUTRITION PRODUCTS

2 Bags IN.POWER Protein Powder
1 Box Nutreince in your favorite flavor
1 Box Nutreince vanilla/chocolate
1 Bottle SKINNYFat Original
1 Bottle SKINNYFat Olive
1 Jar Stevita Delight Chocolate
1 Bottle Stevita Stevia Drops unflavored
1 Bottle Stevita Stevia Drops vanilla

BAKING

Dijon mustard
Gelatin – grass-fed
Red wine vinegar
Stevia – organic
White vinegar - organic

Week 1

DAIRY

5 oz. Organic Parmesan cheese to grate
1½ lb. Shredded organic cheddar cheese
8 oz. Organic crumbled blue cheese
4 (8 oz.) Blocks organic cream cheese
3 Pints grass-fed heavy cream
30 Organic pasture-raised eggs
2 (24 oz.) Organic sour cream

PRODUCE

2 Limes
2 Lemons
Organic cilantro
Fresh basil for pesto
1 (10 oz.) Package mushrooms
2 Avocados if making Holy Moly
Guacamole
1 Organic tomato if making Holy Moly
Guacamole
1 Organic jalapeno pepper if making Holy
Moly Guacamole
2 Organic seedless cucumbers
Organic lettuce – to make 4 salads lettuce
wraps
1 Head organic broccoli
5 Organic onions
10 Organic stalks of celery
5 Cloves garlic

PROTEIN

6 Slices organic pasture-raised bacon
Organic pasture-raised bacon or sausage
Organic pasture-raised ground rib eye
steak to serve 2
1 lb. Organic pasture-raised ground beef
2½ lb. Organic pasture-raised chicken
thighs
Organic pasture-raised whole chicken
1½ lb. Wild-caught shrimp
Wild-caught salmon fillets to make 4
portions

CANNED GOODS -(BPA-free cans)

2 Cans wild-caught salmon
Organic chicken broth – 3 cups

MISC PANTRY

Organic pine nuts for pesto
Organic salsa

Week 2

DAIRY

13 oz. Organic Parmesan cheese to grate
12 oz. Organic crumbled blue cheese
4 oz. Organic feta cheese
3 oz. Organic Gruyere cheese
2 oz. Organic cheese (Port du Salut)
4 (8 oz.) Blocks organic cream cheese
3 Pints organic grass-fed heavy cream
21 Organic pasture-raised eggs
2 (24 oz.) Organic sour cream

PRODUCE

3 Lemons
1 Avocado or 2 avocados if making Holy Moly Guacamole
3 (10 oz.) Packages mushrooms
Fresh organic basil for pesto
Fresh oregano
Fresh dill
3 Sprigs of fresh organic thyme
4 Large Portobello mushroom caps
1 Organic tomato if making Holy Moly Guacamole
1 Organic jalapeno pepper if making Holy Moly Guacamole
2 Large organic cucumbers
Organic lettuce to make 2 salads & lettuce wraps
Asparagus to serve 2
4 Organic onions
10 Organic stalks of celery
12 Cloves garlic

PROTEIN

Organic pasture-raised pork chops to serve 2
2 lb. Organic pasture-raised chicken wings
3½ lb. Organic pasture-raised chicken thighs
1 ½ - 2 lb. Organic lamb loin
¼ lb. Organic liver
1 lb. Organic grass-fed ground beef
2 lb. Large sea scallops
8 oz. Sliced wild-caught smoked salmon

CANNED GOODS -(BPA-free cans)

1 Can (8 oz.) organic tomato sauce

MISC PANTRY

Organic pine nuts for pesto
Organic salsa

Week 3

DAIRY

4 oz. Organic blue cheese
12 oz. Organic Parmesan cheese to grate
1 lb. Organic shredded Cheddar cheese
5 (8 oz.) Blocks of organic cream cheese
1 Pint organic grass-fed heavy cream
12 Organic pasture-raised eggs
1 (24 oz.) Organic sour cream

PRODUCE

1 Lime
1 Lemon
Organic cilantro
Fresh ginger
Fresh basil for pesto
1 (10 oz.) Packages mushrooms
Asparagus – 2 cups cut
Asparagus to serve 2
Sauerkraut to serve 2
Organic lettuce to make wraps
2 Stalks organic celery
6 Cloves garlic

PROTEIN

Organic pasture-raised lamb chops to serve 2
1 Organic pasture-raised whole chicken
1½ lb. Organic pasture-raised chicken thighs
3½ lb. Organic grass-fed ground beef
1½ lb. Large wild-caught shrimp
Wild-caught salmon to serve 2

CANNED GOODS (BPA-free cans)

2 Cans (13 oz.) organic coconut milk
1 Can (5 oz.) wild-caught tuna
Organic chicken broth – 4 cups

MISC PANTRY

1 Pack Miracle Noodles
Organic pine nuts for pesto

Week 4

DAIRY

8 lb. Organic cheddar cheese
9 oz. Organic Parmesan cheese to grate
4 oz. Organic feta cheese
6 oz. Shredded organic mozzarella cheese
1 (32 oz.) Organic full-fat plain Greek yogurt
3 (8 oz.) Blocks of organic cream cheese
2 Pints organic grass-fed heavy cream
18 Organic pasture-raised eggs
2 (24 oz.) Organic sour cream

PRODUCE

2 Lemons
Organic dill
Fresh basil for pesto
Fresh organic oregano
Fresh cilantro
Fresh ginger
1 – 2 Hot peppers (optional)
2 (10 oz.) Packages mushrooms
Sauerkraut to serve 2
1 Large organic zucchini
2 Large organic seedless cucumbers
14 Large Portobello mushroom caps
Organic spinach – 1 cup cooked
Organic lettuce to make 2 salads
2 Organic onions
8 Cloves garlic

PROTEIN

1 lb. Organic ground beef
1 lb. Organic grass-fed beef tenderloin – or 4 tenderloin steaks
2 lb. Organic pasture-raised chicken wings
1½ lb. Organic pasture-raised chicken thighs
Organic pasture-raised bacon
1 ½ lb. Organic protein of choice (chicken, beef, or shrimp)
1 ½ - 2 lb. Organic lamb loin
¼ lb. Organic Italian sausage
8 oz. Sliced wild-caught smoked salmon
Wild-caught salmon to serve 2
Crab legs to serve 2
2 anchovy fillets
8-16 slices organic pepperoni

CANNED GOODS (BPA-free cans)

Organic pizza sauce
Black olives

MISC PANTRY

Organic pine nuts for pesto