

# *Ketotarian*

## *Dinner meals*

### **MONDAY**

*Sauteed shrimp (p. 262) and Spinach Salad (p. 166).*  
*Net carbs= 9 grams per serving. Serves 2.*

### **TUESDAY**

*Cauliflower fried rice bowls (p. 199)*  
*Net carbs= 10 grams per serving. Serves 2.*

### **WEDNESDAY**

*Plank-smoked ginger-coconut salmon (p. 254)*  
*Net carbs= 7 grams per serving. Serves 2*

### **THURSDAY**

*Spicy Frittata pizza with spinach and olives (p. 206)*  
*Net carbs=8 grams per serving. Serves 2.*

### **FRIDAY**

*Stuffed Zucchini (p. 161)*  
*Net carbs= 8 grams per serving. Serves 2.*

## SATURDAY

*Raspberry super salad with toasted coconut (p.219)*

*Net carbs= 9 grams per serving. Serves 2.*

## SUNDAY

*Roasted Beet-cheese-basil caprese with avocado and toasted almonds. (p. 173)*

*Net carbs= 12 grams per serving. Serves 2.*

# *Ketotarian breakfast and fat bombs*

## **Chia Pudding Breakfast Bowl p. 189**

Net carbs= 9 grams per serving. Serves 2.

## **Berry-Cream Parfaits with toasted coconut topping p. 187**

Net carbs= 17 grams per serving. Serves 2.

## **Cocoa Almond Butter Fat Bombs p.235**

Net carbs= 2 grams per serving.

## **Coconut Lemon Fat Bombs p. 235**

Net carbs = 2 grams per serving.

# *Ketotarian shopping list*

## *for the above recipes*

*Here is your shopping list for the delicious ketotarian recipes! In this list, I have put brand names on certain items. This is just in case you have a hard time finding that certain item. For an example, for vegan cheese, I put the brand Violife. Obviously, if you have your brand then that is fine too! My Job is to make it as easy and painless as possible for you to make delicious Ketotarian meals!*

- 10 oz ( 28-32 CNT) shrimp with the tails left on
- One 16.9 oz bottle of olive oil
- 31 gram bottle of red pepper flakes
- Black pepper grinder ( about 75 grams)
- One minced garlic jar- 4.25 oz and minced shallot jar- 4.25oz
- One large whole garlic
- About 4 lemons and 1 lime
- 0.75 oz italian seasoning
- 1 small bottle of dry white wine for cooking. About 16 fl oz.
- One 6 oz jar of kalamata olives. and 6.4 oz can black olives.
- One bottle of sea salt. About 13 oz
- 9 oz pkg of baby spinach x 7 bags
- 1 small jar of avocado oil
- mayonnaise ( 12 fl oz primal kitchen brand)
- Two green onions, 1 vidalia onion, 1 yellow onion
- 1 bottle coconut aminos (8 fl oz Coconut secret) and 1 bottle liquid aminos ( 16 fl oz Braggs)
- 3 avocados
- 1 small beet

# *Ketotarian shopping list*

- 1 red bell pepper
- 16 oz bag of cauliflower rice or 4 cups of cauliflower ground by food processor
- 12 oz blueberries, 12 oz raspberries
- 16 oz bag of hemp seeds
- 1 gram of chopped fresh flat leaf parsley ( gourmet garden ).
- small bottle of Dijon mustard. 7.5 oz
- 12.7 fl oz bottle sesame oil
- 13.5 oz can of full fat coconut milk
- 5.4 oz can of coconut cream
- 1/2 cup coconut butter ( Nutiva Coconut manna 15 oz jar)
- 1 bottle Apple Cider Vinegar ( 16 fl oz) and 1 bottle of balsamic vinegar(8.5 fl oz)
- Coconut oil (14 fl oz )
- 7 oz bag of coconut flakes
- Dozen eggs
- 10-12 oz piece of salmon ( wild-caught)
- 1 small ginger root
- 1 small tumeric root
- 32 oz of kale leaves
- 1 tbsp of chives
- 32 oz of almond milk
- Vegan cheese - two 8.1 oz blocks (Violife) or exactly 10 oz.
- Basil leaves- 4 oz
- 2 medium zucchinis
- almonds- 2 oz
- liquid stevia- 1fl oz
- bottle vanilla extract- 2 fl oz
- one 16 oz container hemp protein powder( Hemp Yeah!)
- 1 oz of bee pollen
- 1 container or 1/8 tsp cinnamon
- 1 container onr 1/8 tsp cardamom

# Ketotarian shopping list

- almond butter- 10 Oz jar
- 1 oz unsweetened baking chocolate
- 8 oz of cocoa
- 8 oz of chia seeds
- 16 oz hemp seeds