The **Keto**Diet Guide KetoDietEbooks.com

KETODIET FOOD LIST





Ingredients (makes 4 servings):

1.3 lb ground turkey (600 g/ 1.3 lb)

2 tbsp ghee or lard (30 g/ 1.1 oz)

2 medium tomatoes (160 g/ 5.6 oz)

2 tbsp unsweetened tomato purée or paste (30 g/ 1.1 oz)

4 tbsp Pesto, page 42 (60 g/ 2.1 oz)

4 medium zucchini (800 g/ 1.76 lb)

2 tbsp freshly chopped basil

½ tsp salt, or to taste

freshly ground black pepper

Instructions:

Place the ground turkey in a saucepan greased with half of the ghee and cook until browned on all sides, stirring frequently, about 5-8 minutes. Add the diced tomato, pesto, tomato purée, salt, and pepper. Cook over a medium heat until the tomato is tender. When done, remove from the heat and transfer to a bowl.

Using a spiralizer or a julienne peeler, create zucchini "noodles", or "zoodles". Chop the soft core of the zucchini and add it to the zoodles. Transfer the zoodles to the saucepan in which you cooked the turkey, greased with the remaining ghee. Cook briefly, about 2-5 minutes. Turn off the heat, add the meat mixture, and mix well. Garnish with fresh basil. Eat immediately.

To store in the fridge (up to 4 days) or freezer (up to 3 months), prepare only the

	Breakfast	Lunch	Dinner	
	2 x Paleo Egg Muf- fins (page 58)	Smoked Salmon & Avocado Salad (page 101)	Cuban Shredded Beef (page 86) and 1 cup Cauli-Rice (page 111)	
Day 3	Make 8 servings of Cuban Shredded Beef (page 86). Eat one serving today with 1 cup (120 g/ 4.2 oz) Cauli-Rice (page 111) and keep another serving in the fridge for tomorrow: serve with another cup of Cauli-Rice. Freeze the remaining 6 servings in batches of two for days 7, 8, 18, 19, 23, and 24.			
	Daily Nutrition Facts Total Carbs: 32.3 g, Fiber: 15.1 g, Net Carbs: 17.2 g, Protein: 81.8 g, Fat: 110.5 g, Calories: 1431 Kcal, Magnesium: 224 mg (56% RDA), Potassium: 2888 mg (144% EMR) Calories from Carbs: (5%), Protein: (24%), Fat (71%)			
Day 4	Easy Breakfast Eggs & Bacon (page 63)	Cuban Shredded Beef (page 86) and 1 cup Cauli-Rice (page 111)	Hamburger Soup (page 107)	
	Make 6 servings of Hamburger Soup (page 107). Eat one today and keep another serving in the fridge for tomorrow. Freeze the remaining 4 servings in batches of two for days 10, 11, 18, and 19.			
	Daily Nutrition Facts Total Carbs: 31.9 g, Fiber: 10.4 g, Net Carbs: 21.4 g, Protein: 78 g, Fat: 109.9 g, Calories: 1426 Kcal, Magnesium: 257 mg (64% RDA), Potassium: 2905 mg (145% EMR) Calories from Carbs: (6%), Protein: (22%), Fat (72%)			

Shopping List - Week 1

Note: Some ingredients will last for more than a week - buy them as needed

Meat, Eggs & Dairy

bacon, outdoor reared	390 g/ 13.8 oz
beef, minced	1 kg/ 2.2 lb
beef braising steak, chuck or brisket	1.6 kg/ 3.5 lb
eggs, large, free-range or organic	2 dozen (19 or more eggs)
pork, minced, outdoor reared, 20% fat	500 g/ 1.1 lb
salmon, fresh, or canned	1 medium fillet (150 g/ 5.3 oz)
salmon, smoked	100 g/ 3.5 oz
sausages, pork, glu- ten-free	4 medium (260 g/ 9.2 oz)
turkey, ground	600 g/ 1.3 lb

Vegetables, Fruits & Aromatics

avocado	4 pieces (650 g/ 1.5 lb)
cauliflower	1/2 medium (360 g/ 12.7 oz)
celeriac, 1 small-medium	160 g/ 5.6 oz
celery	2 stalks (70 g/ 2.5 oz)

collard greens (or more chard or spinach)	2 cups (72 g/ 2.5 oz)
garlic	2 heads
chile pepper	1 small (14 g/ 0.5 oz)
iceberg lettuce	1/2 head (200 g/ 7.1 oz)
jalapeno pepper	2 pieces (28 g/ 1 oz)
lemon	2-3 pieces, organic
lime	3-4 pieces, organic
mixed greens (beet greens, spinach, arugula, etc.)	3 cups (90 g/ 3.2 oz)
mushrooms, white	1/2 cup sliced (35 g/ 1.2 oz)
onion, white or yellow	6-8 small (380 g/ 13.8 oz)
peppers, green	5 medium (600 g/ 1.3 lb)
pepper, red	1 medium (120 g/ 4.2 oz)
pepper, yellow or orange	1 medium (120 g/ 4.2 oz)
spring onion	1-2 small
spinach, fresh or frozen	510 g/ 1.1 lb
rutabaga (swede)	1 small (200 g/ 7.1 oz)
tomatoes, cherry	335 g/ 11.8 oz
tomatoes, regular	2 medium (160 g/ 5.6 oz)
zucchini (courgette)	3 medium (550 g/ 1.2 lb)