

MY GROCERY

planner



FAVOURITE INGREDIENTS

INGREDIENTS I'D LIKE TO TRY

FAVOURITE RECIPES

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DISLIKES / ALLERGIES / INTOLERANCES

NOTES

GROCERY SHOPPING LIST

Meats & Fish

Beef (fatty mince, steak, joint, diced, corned, etc.)
Pork/ham (chops, loin, steak, joint, etc.),
Bacon, Sausages (low-carb), Black pudding (low-carb)
Chicken, Turkey, Duck
White fish, Salmon, Mackerel, Sardines, Tuna, Anchovies
Prawns, Lobster, Cockles, Mussels
Beef jerky, Pork Scratchings (sugar-free or homemade)

Dairy & Eggs

Eggs (hen, duck, dinosaur - just checking you're awake)
Greek yogurt (full-fat, plain)
Butter (salted or unsalted, no margarine or "spreadable")
Double cream (no Elmlea, no squirty-cream)
Cream cheese, Cottage cheese (full fat)
Cheddar, Gorgonzola, Stilton, Goats cheese, Parmesan,
Halloumi, Feta, Mozzarella, etc.

Fruit & Veg

Romaine lettuce, Spinach, Rocket, Mixed salad leaves
Cabbage (red or white)
Broccoli
Cauliflower
Courgette
Mushrooms
Onion (red or white)
Garlic
Peppers
Cucumber
Celery
Tomatoes (fresh, tinned, passata, sundried - no seed oils)
Avocado
Olives (green or black)
Berries (straw-, rasp-, black-, blueberries)
Lemons, Limes

Pantry & Other

Nuts (pecans, macadamia, Brazils, walnuts, etc.)
Peanut butter (100% peanuts, no additives)
Almond flour (or almonds ground at home)
Coconut flour
Dark chocolate (85%+ cocoa)
Cocoa powder (unsweetened. 1-ingredient)
Apple cider vinegar
Coconut oil, Lard, Beef dripping, Extra virgin olive oil
Miso paste
Pesto (homemade / keto-friendly)
Mayo (homemade / keto-friendly)
Pitted dates
Lentil cakes
Herbs: basil, oregano, rosemary, thyme, etc. fresh/dried
Spices: chilli powder, cumin, paprika, black pepper, etc.
Sea salt or Himalayan pink salt
Coffee, Tea
Still or sparkling water

