

This meal plan is for 5 days, next week will be for 7 days. Sorry I went out of town for my b-day :)

Grocery List

Dairy

- 17 Tbsp organic heavy whipping cream (1 cup + 1 Tbsp)
- 14 Tbsp kerry gold butter (1 stick butter + 6 Tbsp)
- 15 large farm fresh eggs
- 5oz kerry gold cheese shredded
- 1 cup shredded cheddar cheese
- 1/4 cup shredded parmesan cheese

Meat

- 3# pork butt
- 13 slices uncured bacon
- 5 tsp bacon fat

Pantry Items

- 5 packets of 4 sigmatic instant coffee
- 10 Tbsp MCT oil
- 5 scoops collagen peptides
- Cholula hot sauce
- 32oz chicken stock
- Cumin
- Salt
- Pepper
- Garlic Powder
- Onion Power
- Cayenne Pepper

Produce

- 5 hass avocados
- 10 half sour pickles
- 1 head cauliflower
- 1/3 cup carrots sliced
- 1 cup celery sliced
- 2 cloves garlic

5 Day Keto Meal Plan

Breakfast:

Bullet proof coffee. Put everything in a blender and enjoy!

Instant Coffee + 6oz hot water
1 Tbsp Publix Organic Heavy Whipping Cream
2 Tbsp Kerry Gold Salted Butter
2 Tbsp MCT Oil
1 scoop Collagen Peptides

Eggs and Bacon

3 farm fresh chicken eggs (I mixed it up between scrambled and fried)
2 slices uncured bacon
I cooked the eggs in ~1 tsp of bacon fat (I store my bacon fat in a mason jar in the fridge and use it to cook my eggs and to re-heat other foods on the stove with)

Lunch: 1 Serving Low Carb Cauliflower soup + 1/2 hass avocado

Dinner: Instant Pot Pork Butt

3oz shredded pork butt
1oz kerry gold cheese shredded
1/2 hass avocado
Cholula hot sauce
2 half sour pickles