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 a 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