

# HIP2KETO 30 DAY CHALLENGE

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## Five Nights of Dinners Shopping List - Week #2

### MEAT

- 1 1/2 pounds ground beef
- 3 cups shredded chicken (or one rotisserie chicken)
- 4 boneless skinless chicken breasts (about 3 pounds)
- 2 pounds sirloin steak (about 1" thick)
- package bacon (6 slices)

### PRODUCE

- 2 small yellow onions
- 1 bunch celery
- large head of garlic
- medium head of green cabbage
- 1 bunch fresh cilantro
- 1 bunch green onions
- large head of cauliflower
- 1 yellow or orange bell pepper
- 1 bunch leeks (or substitute w/ green onions)
- 1 large head + 3 medium heads broccoli
- 1 pound asparagus spears
- 1 bunch/package fresh thyme
- 1 bunch/package fresh rosemary

### DAIRY & EGGS

- pint heavy cream
- 20-oz. shredded cheddar cheese
- 8-oz. shredded mozzarella cheese
- 2 8-oz. packages block cream cheese

### DAIRY & EGGS continued...

- 16-oz. sour cream
- small carton eggs
- package butter

### FROZEN

- 2 10-oz. bags frozen riced cauliflower

### PANTRY

- olive oil
- small can tomato paste
- 4 15-oz. cans chicken broth (or 1 qt. + 1 15-oz. can)
- 2 7-oz. cans green chiles
- small jar of capers (usually near pickles)
- mayonaise

### SPICES & BAKING

- salt
- black pepper
- oregano
- cumin
- cayenne
- onion powder
- garlic powder
- instant chicken bouillon powder
- xanthan gum