

SHOPPING LIST

(Almost) No Cooking

Part 1: Items to Buy on Your First Shopping Trip (Stocking Up for Days 1 to 5)

Broth and Shakes (Read tips on choosing the right broth and protein powder)

- At least four gallons bone broth (16 quarts) to start. Order Dr. Kellyann's SLIM [Liquid Broth](#) or [Collagen Broth To Go](#).
- Protein Powders (10 servings total for the entire meal plan)
 - [Chocolate Almond SLIM Collagen Shake](#),™ [Chocolate SLIM Bone Broth Protein](#),™ or another high-quality chocolate beef protein (15 to 25 grams protein/serving)
 - And/or [Vanilla Almond SLIM Collagen Shake](#)™, [Vanilla SLIM Bone Broth Protein](#),™ or another high-quality vanilla beef protein (15 to 25 grams protein/serving)

Fats *required for meal plan.

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| ○ Canned full-fat coconut milk | ○ Hemp seeds |
| ○ Coconut oil | ○ Avocados (see the produce list) |
| ○ MCT oil | ○ Unsweetened almond butter |
| ○ Olive oil* | ○ Pasture-raised butter |
| ○ Avocado oil* | ○ Ghee |
| ○ Walnut oil | ○ Avocado oil mayonnaise* |
| ○ Chia seeds | |
| ○ Ground flaxseed | |

Seasonings, Herbs, and Pantry Items

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| ○ Monk fruit sweetener or stevia (optional) | ○ Celtic or pink Himalayan salt |
| ○ Balsamic vinegar | ○ Black pepper |
| ○ Dijon mustard | ○ Coconut aminos |
| ○ Cumin | ○ Tuna in water (one 5-ounce can) |
| ○ Dill | ○ Anchovy paste (1 small tube) |
| ○ Cayenne pepper | ○ Chipotle in adobo sauce (1 small can) |
| ○ Crushed red pepper (optional) | |
| ○ Capers (optional) | |

Beverages

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| ○ Unsweetened almond milk (carrageenan-free) or coconut milk (not canned) (½ gallon) | ○ Sparkling water |
| | ○ Coffee and/or my Collagen Coffee |
| | ○ Tea—black, green, white, or herbal |

Meat and Eggs

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| ○ One rotisserie chicken (Note: You probably won't eat the entire chicken—if not, you can freeze the rest for the next week.) | ○ 4 ounces sliced deli turkey breast, sugar-, nitrite-, and nitrate-free |
| | ○ 1 hard-boiled egg |
| | ○ 6 ounces ground beef, sirloin, or turkey for a burger |

Produce

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| ○ Blueberries | ○ Lettuce of your choice for 2 salads (1 to 2 heads/bunches) |
| ○ Grapefruit | ○ Tomatoes (3) |
| ○ Leafy greens (up to 14 handfuls per day.) | ○ Cucumbers (4) |
| ○ Avocados (3 to 4) | ○ Cilantro (2 bunches) |
| ○ Celery (1 stalk) | ○ Limes (2) |
| ○ Red onions (1) | ○ Garlic (2 heads) |
| ○ Onions (2) | ○ Tarragon (1 bunch) |
| ○ Radishes (1 bunch) | ○ Chives (1 bunch) |
| ○ Lemons (3) | ○ Parsley (1 bunch) |
| ○ Large-leaf lettuce such as Bibb or romaine (1) | |

**Part 2: Items to Buy on Your Second Shopping Trip
(Stocking Up for Days 6 to 10)**

Beverages

- Unsweetened almond milk (carrageenan-free) or coconut milk (not canned) (½ gallon)

Meat and Eggs

- One rotisserie chicken
- 1 to 3 hardboiled eggs
- 4 ounces sliced deli turkey breast, sugar-, nitrite-, and nitrate-free

Produce Before shopping for Days 6 to 10, check for any produce left from Days 1 to 5.

- Blueberries
- Grapefruit
- Leafy greens
- Romaine lettuce (2 heads)
- Large beefsteak tomato (1 large or 2 to 3 smaller tomatoes)
- Basil (1 bunch)
- Avocado (1)
- Butter or Bibb lettuce (1 head)
- Cucumbers (1)
- Limes (1)
- Lemons (1)

Notes
