

Kim's Food Lists

PRODUCE

Cucumbers
Lettuce
Bell peppers
Cauliflower rice
Onions
Zucchini
Olives
Celery
Spinach
Berries
Tomatoes (when they're good)

MEATS AND THINGS

Eggs
Flank steak
Tri tip
Chicken breast
Ground beef
Greek yogurt
Cottage cheese
Turkey 'bacon'
Fairlife milk
Parmesan cheese

PRODUCTS

Egg white powder
PEScience protein powder
Keto Chow protein powder
Lakanto's sweet drops
Stevia glycerite
Allulose
LMNT electrolytes

Cocoa powder
Redmond Real Salt
Apple cider vinegar or other vinegars
Olive oil
Egglife wraps
Spices

SAUCES

Heinz SF ketchup
Dijon and yellow mustard
G Hughes sweet chili sauce
G Hughes barbecue sauce
Primal Kitchen's barbecue sauce
A good quality mayo (eg Chosen Food)
Primal Kitchen steak sauce
Sauce recipes:
Thousand Island
Honey mustard
Chick-Fil-A dupe

RECIPES

Burgers
Giant salads
Protein pancakes
Frittatas
Egg-based bread (currently the egg protein focaccia)
Chicken salad sandwich
High-protein cheesecake
Froyo Creami
Lasagna
Meatloaf