

## SHOPPING LIST

### Baking

Almond flour,  $\frac{1}{2}$  oz.  
Baking powder  
Coconut flour  
Ground psyllium husk powder  
Vanilla extract

### Dairy

Cheddar cheese, 2 oz.  
Cottage cheese, 3 oz.  
Cream cheese,  $3\frac{1}{4}$  oz.  
Feta cheese, 2 oz.  
Goat cheese, 2 oz.  
Heavy whipping cream,  $\frac{2}{3}$  lb  
Mexican cheese, 3 oz.  
Mozzarella cheese, 6 oz.  
Parmesan cheese,  $\frac{3}{4}$  oz.  
Shredded cheese, 9 oz.

### Eggs

Egg, 20

### Fats and Oils

Avocado oil, 4 tbsp  
Butter,  $9\frac{1}{2}$  oz.  
Coconut oil,  $\frac{1}{2}$  oz.  
Olive oil,  $5\frac{1}{3}$  oz.  
Sesame oil,  $\frac{2}{5}$  oz.

### Fresh herbs

Fresh basil  
Fresh cilantro





