

Dustin's Keto Plan — Week 1 Shopping List

Sorted by Store → Department | Trip: Fri Feb 28 / Sat Mar 1

■ WINCO

Meat & Proteins

Eggs (large)	2 dozen	\$6
Ground beef 80/20	4 lbs	\$16
Chicken thighs (bone-in, skin-on)	4 lbs	\$10
Bacon	1 lb	\$6
Pork chops (bone-in)	2 lbs	\$8

Dairy & Fats

Butter (salted)	1 lb	\$5
Cream cheese	8 oz	\$3
Heavy whipping cream	1 pint	\$4

Produce

Broccoli crowns	2 lbs	\$4
Cauliflower	1 head	\$3
Green cabbage	1 head	\$2
Romaine lettuce	2 heads	\$4
Celery	1 bunch	\$2
Spinach (bag)	1 lb	\$4
Bell peppers	2	\$2
Green beans	1 lb	\$3

WinCo Subtotal: ~\$86

■ COSTCO

Meat & Proteins

Ribeye or sirloin steak	2 lbs	\$16
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Dairy & Fats

Cheddar cheese block	2 lbs	\$8
Olive oil	1 bottle	\$8

Snacks

String cheese	1 pack (12)	\$5
Almonds (raw)	1 lb	\$7

Costco Subtotal: ~\$44

