

5 Day Egg Fast Grocery List

Dairy

- ☐ Eggs! 4-5 dozen
- ☐ Cream cheese (firm brick type)
- ☐ Your favorite hard cheeses. Choose from:
- ☐ Asiago
- ☐ Feta Cheese
- ☐ Blue cheese
- ☐ Cheddar
- ☐ Parmesan
- ☐
- ☐ Butter - 1-2 lbs
- ☐
- ☐
- ☐
- ☐

Deli

- ☐ Sliced cheeses
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Grocery Aisles

- ☐ Coconut Oil
- ☐ Mayonnaise (no added sugar)
- ☐
- ☐ Coffee
- ☐ Tea
- ☐ Bottled water (if necessary)
- ☐
- ☐

Condiments & Spices

- ☐ Your favorite seasonings
- ☐ True Lemon packets (must say 0 calories, 0 sugar)
- ☐ Pink Himalyan Salt
- ☐ Hot sauce such as Sriarchi
- ☐
- ☐
- ☐
- ☐

Other

- ☐ Smooth Move Tea
- ☐ Stevia or Stevia/Erythritol blend such as
- ☐ So Nourished or Swerve
- ☐ Sugar free syrup
- ☐
- ☐
- ☐

Notes

- ☐ Minimum 6 eggs + 6 tbsp fats per day
- ☐ Maximum 4 ounces cheese
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐