## 5 Day Egg Fast Grocery List

Dairy	Deli
Eggs! 4-5 dozen	Sliced cheeses
Cream cheese (firm brick type)	
Your favorite hard cheeses. Choose from:	
Asiago	
Feta Cheese	
Blue cheese	
Cheddar	
Parmesan	
Butter - 1-2 lbs	
1/8 8 0 80 8	
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Grocery Aisles	Condiments & Spices
Coconut Oil	Your favorite seasonings
	Your favorite seasonings  True Lemon packets (must say 0 calories, 0 sugar)
Coconut Oil Mayonnaise (no added sugar)	Your favorite seasonings  True Lemon packets (must say 0 calories, 0 sugar)  Pink Himalyan Salt
Coconut Oil Mayonnaise (no added sugar)  Coffee	Your favorite seasonings  True Lemon packets (must say 0 calories, 0 sugar)  Pink Himalyan Salt  Hot sauce such as Sriarchi
Coconut Oil Mayonnaise (no added sugar)  Coffee Tea	Your favorite seasonings  True Lemon packets (must say 0 calories, 0 sugar)  Pink Himalyan Salt
Coconut Oil Mayonnaise (no added sugar)  Coffee	Your favorite seasonings  True Lemon packets (must say 0 calories, 0 sugar)  Pink Himalyan Salt  Hot sauce such as Sriarchi
Coconut Oil Mayonnaise (no added sugar)  Coffee Tea Bottled water (if necessary)	Your favorite seasonings  True Lemon packets (must say 0 calories, 0 sugar)  Pink Himalyan Salt  Hot sauce such as Sriarchi
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Coconut Oil Mayonnaise (no added sugar)  Coffee Tea Bottled water (if necessary)  Other	Your favorite seasonings  True Lemon packets (must say 0 calories, 0 sugar)  Pink Himalyan Salt  Hot sauce such as Sriarchi  Notes
Coconut Oil Mayonnaise (no added sugar)  Coffee Tea Bottled water (if necessary)  Other  Smooth Move Tea	Your favorite seasonings  True Lemon packets (must say 0 calories, 0 sugar)  Pink Himalyan Salt  Hot sauce such as Sriarchi  Notes  Minimum 6 eggs + 6 tbsp fats per day
Coconut Oil Mayonnaise (no added sugar)  Coffee Tea Bottled water (if necessary)  Other  Smooth Move Tea Stevia or Stevia/Erythritol blend such as	Your favorite seasonings  True Lemon packets (must say 0 calories, 0 sugar)  Pink Himalyan Salt  Hot sauce such as Sriarchi  Notes  Minimum 6 eggs + 6 tbsp fats per day  Maximum 4 ounces cheese
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