

Diet Doctor Ingredients list



Pantry

Coffee, 1.2 liters
Lemon juice, 1/2 tbsp
Dill pickle, 35 g
Mayonnaise, 280 g
Dijon mustard, 37 g
Anchovies, 2 tbsp
Pickled jalapeños, 14 g
White wine vinegar, 1/2 tbsp
Balsamic vinegar, 1 tbsp
Sauerkraut, 130 g

Fats and oils

Unsalted butter, 280 g
MCT oil, 5 tbsp
Butter, 95 g
Olive oil, 6 1/3 tbsp

Protein

Salmon, boneless fillet, 220 g
Rotisserie chicken, 2/3
Bacon, 160 g
Deli roast beef, 230 g
Chicken breast, bone-in with skin, 350 g
Ground beef, 700 g
Chorizo, 55 g
Canadian bacon, 55 g
Corned beef, 140 g

Spices and seasonings

Salt,
Ground black pepper,
Garlic powder,
Pepper,
Tex-mex seasoning,
Onion powder,
Dried thyme,

Produce

Yellow onion, 1/4
Fresh spinach, 120 g
Tomato, 1
Leafy greens, 85 g
Avocados, 2
Radish, 27 g
Scallion, 15 g
Lettuce, 1/3
Lemon, 1/2
Garlic clove, 1
Romaine lettuce, 200 g
Green cabbage, 350 g
Cherry tomatoes, 55 g
Baby spinach, 100 g

Dairy

Cream cheese, 14 g
Heavy whipping cream, 9 tbsp
Shredded Parmesan cheese, 65 g
Cheddar cheese, 230 g
Pepper Jack cheese, 60 g
Sour cream, 80 ml
Blue cheese, 75 g
Feta cheese, 37 g
Goat cheese, 290 g
Swiss cheese, 55 g

Fresh herbs

Fresh parsley,

Eggs

Egg, large, 5

Nuts and seeds

Pumpkin seeds, 33 g

