



Easter Menu

Rack of Lamb with Mint Pesto

Low-Carb Rolls

Cheesy Cauliflower Mash

Deviled Eggs

Oven Roasted Asparagus

Chocolate Eclair Cake

Easter Shopping List

Meat

3 racks of lamb (1 1/2 lbs each)

Dairy

18 eggs

1 small block parmesan cheese

1 pound of butter

1 block of cream cheese

2 cups of heavy whipping cream plus
an extra 4 T for cauliflower

4 ounces dubliner or sharp cheese

Pantry

sliced almonds

almond flour

psyllium husk powder

mayonnaise

mustard

walnuts (optional, for lamb)

Produce

3 cups fresh mint leaves

3/4 cup fresh basil leaves

1 lemon

1-2 large heads cauliflower (2 if you
want to double the recipe)

1 head of garlic

2 bunches asparagus

Staples

olive oil

sea salt

pepper

apple cider vinegar

paprika

pure vanilla extract

cream of tartar

xanthan gum (to use in place of
Arrowroot Starch in Chocolate Eclairs)

dill pickle relish (look for no sugar
added)

baking powder

pure stevia extract

Swerve sweetener (or other low-carb
sweetener)

2 oz unsweetened chocolate