

# Easter Shopping List

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## 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