

Keeping It Keto Grocery List:

Meat/Seafood/Poultry

1. Bone Broth (Homemade, Kettle and Fire, or Bonafide Provisions)
2. Any cut of meat (chicken, pork, beef, lamb, deer, etc). Focusing on ruminants has the most nutrient density.
3. Beef organs are great in moderation
4. Eggs
5. Bacon (check for carb content)
6. Prosciutto
7. Shrimp
8. Salmon
9. Tuna
10. Pepperoni/salami slices (again, watch for sugar in ingredient list) These are typically very dirty ingredient wise.

Veggies (These are your carbs)

1. Cauliflower
2. Broccoli
3. Salad greens
4. Cucumbers/Dill Pickles
5. Zucchini

Occasional veggies (sparingly, once to twice a week)

1. Onions (sparingly)
2. Celery
3. Tomatoes (technically a fruit)
4. Avocados (technically a fruit)
5. Peppers
6. Green beans (yes in moderation)
7. Bok Choy
8. Fennel

Fats

1. MCT Oil from Coconut only
2. Olive oil (must be pure)
3. Butter/Ghee (preferably grass-fed)
4. Coconut Oil
5. Bacon grease/Lard
6. Tallow
7. Duck Fat
8. Avocado Oil
9. Macadamia nut oil

Dairy and Non-Dairy Items (Some Optional)

1. Full Fat Heavy Cream
2. Full Fat Unsweetened Coconut Cream
3. Full Fat Hard Cheese, block or sliced
4. Coconut milk (unsweetened)
5. Mayo (chosen foods or Primal Kitchen)
6. Regular yellow mustard.
7. Pork rinds.

Luxury Optional Items

1. Lucini's Spaghetti Sauce
2. Rao's Spaghetti Sauce
3. The Good Chocolate
4. Equip Prime Protein Shakes (I have a code for a discount)
5. LMNT
6. Carnivore Crisps/Snax
7. Allulose
8. Monk Fruit
9. Stevia (Check labels for Maltodextrin/Dextrose)

CHECK ALL LABELS FOR and RUN FROM:

1. Maltodextrin
2. Dextrose (watch your table salt, they like to throw in sugar for some unknown reason).
3. ANY name of sugar. If it says fructose, glucose, syrup, agave, or sugar in the name, don't consume it.

