

KETO FOOD SHOPPING LIST *(circle your favorites!)*

FAT 80%

FATS

- Avocado Oil
- Cocoa Butter
- Coconut Butter
- Coconut Oil
- Duck Fat
- Ghee
- Lard (non-hydrogenated)
- Macadamia Oil
- MCT Oil
- Olive Oil
- Palm Shortening
- Red Palm Oil
- Sesame Oil (small amounts)
- Tallow
- Walnut Oil (small amounts)

DAIRY

- Ghee

NUTS AND SEEDS

- Almonds
- Hazelnuts
- Macadamia Nuts
- Pecans
- Pine Nuts
- Pistachios
- Pumpkin Seeds
- Psyllium Seeds
- Sesame Seeds
- Sunflower Seeds
- Walnuts
- Cashews
- Chia Seeds
- Various Nut Butters
- Hemp Seeds

PROTEIN 15%

MEATS

- Beef
- Bison
- Chicken
- Deer
- Duck
- Elk
- Goat
- Goose
- Lamb
- Moose
- Pheasant
- Pork
- Quail
- Rabbit
- Sheep
- Turkey
- Veal
- Wild Boar
- Wild Turkey

- Sausages
- Deli Meat
- Hot Dogs
- Pepperoni
- Salami
- Bacon
- Pork Rinds
- Beef Jerky

ORGAN MEATS

- Bone Marrow
- Heart
- Kidney
- Liver
- Tongue
- Tripe

FISH

- Anchovies
- Bass
- Cod
- Eel
- Flounder
- Haddock
- Halibut
- Herring
- Mackerel
- Mahi Mahi
- Orange Roughy
- Perch
- Red Snapper
- Rockfish
- Salmon
- Sardines
- Talapia
- Tuna (including Albacore)
- Sole
- Grouper
- Turbot
- Trout

SEA FOOD

- Abalone
- Caviar
- Clams
- Crab
- Lobster
- Mussels
- Oysters
- Shrimp
- Scallops
- Squid

CARBS 5%

LEGUMES

- Green Beans
- Peas

VEGETABLES

- Arugula (Rocket)
- Artichokes
- Asparagus
- Bok Choy
- Broccoli
- Brussels Sprouts
- Butterhead Lettuce
- Cabbage
- Carrots Cauliflower
- Celery
- Chard
- Chicory Greens Chives
- Cucumber
- Dandelion Greens
- Eggplant (Aubergine)
- Endives
- Fennel
- Garlic
- Jicama
- Kale
- Kohlrabi
- Leeks
- Leafy Greens (Various Kinds)
- Mushrooms (All Kinds)
- Mustard Greens
- Okra
- Olive
- Onions
- Parsley
- Peppers (All Kinds)
- Pumpkin
- Radicchio
- Radishes
- Rhubarb
- Romaine Lettuce
- Scallion Seaweed (All Sea Vegetables)
- Shallots
- Spaghetti Squash
- Spinach
- Swiss Chard
- Tomatoes
- Turnip
- Greens
- Watercress
- Zucchini
- Kimchi
- Sauerkraut

FRUIT

- Avocado
- Blackberry
- Blueberry
- Cranberry
- Lemon
- Lime
- Olive
- Raspberry
- Strawberry

HERBS AND SPICES

- Basil
- Italian Seasoning
- Chili Powder
- Cayenne Pepper
- Curry Powder
- Garam Masala
- Cumin
- Oregano
- Thyme
- Rosemary
- Sage
- Turmeric
- Parsley
- Cilantro/Coriander
- Cinnamon
- Nutmeg
- Cloves
- Allspice
- Ginger
- Cardamom
- Paprika
- Dill

DRINKS

- Almond Milk
- Broth (chicken, beef, vegetable, bone)
- Cashew Milk
- Club Soda
- Coconut Milk
- Unsweetened Coffee
- Herbal Teas
- Lemon and Lime Juice (small amounts)
- Seltzer Water
- Sparkling Mineral Water
- Unsweetened Tea
- Water

OTHER

- Mayonnaise (made with good oils – see list of fats)
- Pickles
- Cod Liver Oil (Fish Oil)
- Cacao Nibs
- Cacao Powder
- Vinegars
- Eggs (of any animal)
- Shredded Coconut
- Mustard
- Hot Sauce (check ingredients)
- Vanilla Extract
- Coconut Flour
- Gluten-Free Tamari Sauce
- Coconut Aminos
- Fish Sauce
- Gelatin
- 100% Dark Chocolate
- Stevia (only small amounts)
- Monk Fruit / Lo Han Guo
- Almond Flour/Meal