

Grocery Store Recommendations

Always ensure you have plenty of ingredients for salad bowls and easy vegetable + protein stir fries. You can get creative with both of these options and create easy, delicious meals by changing up your base protein, seasonings, dressings, or toppings. Sautéed vegetables in any fat are delicious and make a great addition to a salad, stir fry, or as a side (e.g. olive, coconut, or avocado oil, ghee, bacon fat).

Meats

- Bacon*
- Beef, Lamb
- Pork
- Bone Broth (Beef, chicken)
- Chicken
- Eggs
- Wild caught fish
- Seafood/Shell Fish
- Lunch/deli meats*
- Pastrami*
- Pepperoni*
- Salami*
- Proscetto*

Dairy (if well tolerated)

- Butter (grass fed if possible)
- Cream Cheese (Full fat)
- Ghee Butter
- Half-and-half
- Hard Cheeses
- Heavy Whipping Cream
- Mayo (made w avocado oil)
- String cheese
- Sour Cream (Full Fat)
- Plain Greek yogurt

*Try not to consume much factory farmed or heavily processed meat but these are okay sometimes for example bacon as a condiment used for seasoning, topping on a salad or bacon wrapped asparagus or cabbage. Also try to purchase nitrate/nitrite free as best you can.

Grocery Store Recommendations

Vegetables

Fresh, frozen, or canned w/out sugar

- Arugula
- Asparagus
- Bean Sprouts
- Bell Peppers
- Bok Choy
- Broccoli
- Brussels Sprouts
- Butternut Squash
- Cabbage
- Coleslaw
- Celery
- Cauliflower
- Cauliflower rice
- Mini Sweet Peppers
- Cucumbers
- Eggplant
- Green beans
- Kale
- Mushrooms
- Onions & Garlic
- Radishes
- Spaghetti Squash
- Yellow Squash
- Spinach
- Turnip Greens
- Zucchini
- Various greens
- Various Lettuces

Fruit

Fresh, frozen, or canned w/out sugar

- Avocados
- Blackberries
- Blueberries
- Raspberries
- Coconut (unsweetened)
- Strawberries
- Grapefruit
- Kiwi
- Lemons
- Limes
- Tomatoes

Other Carbs

- Artichokes
- Almonds
- Almond butter
- Almond Flour
- Walnuts
- Brazil nuts
- Carrots
- Cashews
- Chia Seeds
- Hazelnuts
- Coconut Flour
- Flax Seeds
- Hemp Seeds
- Hummus
- Macadamias
- Nut Butters
- Okra
- Olives
- Peanuts
- Pecans
- Pine Nuts
- Pistachios
- Pumpkin/Sunflower Seeds

Grocery Store Recommendations

Pantry Items

- Apple Cider Vinegar w/“Mother”
- Baking Powder
- 100% Cocoa Powder
- Coconut aminos
- Can coconut milk (full fat)
- Herbs & spices (no MSG or sugar)
- Himalayan Pink Salt
- Lily’s chocolate chips
- Mustard(s)
- Pickles (unsweetened)
- Pork Rinds (no sugar or MSG)
- Salsa (low carb)
- Sauerkraut
- Hot sauce
- 100% Unsweetened Chocolate
- Coconut Flour
- Almond Flour

Beverages

- Almond milk (unsweetened)
- Sparkling Water
- Coffee
- Tea (unsweetened)
- Water
- Zevia carbonated beverages
- Bai Antioxidant flavored beverage
- Cucumber or Lemon Water

Fats & Oils

- Avocado oil (Chosen food brand)
- Coconut oil & MCT oil
- Almond oil
- Grass-Fed Butter
- Ghee Butter
- Olive oil
- Nut butters (without oil)

Non-Caloric Sweeteners

to be used sparingly

- Erythritol, Xylitol
- Monk Fruit
- Stevia (without Dextrose)

Salad Dressings

Ideally choose dressings without MSG, canola, vegetable, and soybean oil.

- Primal Kitchen Salad Dressings
- Sugar Free Salad Dressings (Maple Grove)
- Tessamae’s Salad Dressings
- Coconut Aminos
- MCT oil with balsamic vinegar
- Olive oil w/lemon juice and herbs