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NUTRITION

Shopping List

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HEALTHY FATS

- ☐ Extra virgin olive oil
- ☐ Coconut oil
- ☐ Ghee
- ☐ Organic butter
- ☐ MCT oil
- ☐ Avocado oil
- ☐ Olives
- ☐ Nuts: walnuts, almonds, macadamia nuts, Brazil nuts
  Seeds: chia, flaxseed, sesame, pumpkin
- ☐ Coconut cream and unsweetened coconut milk

PROTEINS

- ☐ Organic eggs
- ☐ Meat: beef, chicken, pork, lamb
- ☐ Fish and seafood: salmon, tuna, sardines, shrimp, mussels
- ☐ Sausages without sugar: sausages, cured ham, sausage
- ☐ Whole chicken or chicken thighs for baking
- ☐ Tofu or tempeh (vegetarian option)

DAIRY AND DERIVATIVES

- ☐ Cheeses: cheddar, parmesan, gouda, mozzarella
- ☐ Heavy cream (unsweetened)
- ☐ Plain Greek yogurt (in moderation)
- ☐ Cream cheese
- ☐ Butter
- ☐ Unsweetened coconut yogurt
- ☐ Sugar-free whipping cream

*** Eat dairy in moderation, as long as you are not lactose intolerant.

☑ OK ☒ NOT AVAILABLE

Shopping List

VEGETABLES LOW IN CARBS

- [ ] Leafy greens: spinach, kale, Swiss chard, lettuce
- [ ] Cruciferous: broccoli, cauliflower, cabbage, Brussels sprouts
- [ ] Asparagus
- [ ] Zucchini
- [ ] Cucumber
- [ ] Peppers (in moderation)
- [ ] Mushrooms
- [ ] Celery
- [ ] Eggplan

LOW CARBS FRUITS

- [ ] Strawberries
- [ ] Raspberries
- [ ] Blackberries
- [ ] Lemons
- [ ] Avocado
- [ ] Tomatoes (in moderation)
- [ ] Limes
- [ ] Watermelon (be careful with the portion)

SNACKS KETO-FRIENDLY

- [ ] Dark chocolate (85% cocoa or more)
- [ ] Nuts (in controlled portions)
- [ ] Kale or cheese chips
- [ ] Nut butters: almond, macadamia (sugar-free)

CONDIMENTS AND FLAVORS

- [ ] Sea salt
- [ ] Morton Lite salt
- [ ] Spices: cinnamon, turmeric, pepper, cumin, paprika
- [ ] Fresh herbs: basil, coriander, cilantro, parsley, rosemary
- [ ] Mustard (unsweetened)
- [ ] Apple cider vinegar
- [ ] Soy sauce or tamari (gluten-free) Keto mayonnaise (made with
- [ ] healthy oils)

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NATURAL SWEETENERS

- [ ] Eritritol
- [ ] Stevia (pura)
- [ ] Monk Fruit
- [ ] Allulose

BEVERAGES

- [ ] Water (the basis of your hydration)
- [ ] Black coffee or coffee with keto cream
- [ ] Herbal tea
- [ ] Bone broth
- [ ] Sparkling water
- [ ] Sugar-free electrolytes (optional)

KITCHEN EXTRAS

- [ ] Keto flours: almond, coconut
- [ ] Psyllium husk (fiber)
- [ ] Gluten-free baking powder
- [ ] Sugar-free gelatin
- [ ] Collagen powder

OTHERS

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Note

Before you buy, check labels to make sure products are free of hidden sugars and unhealthy oils such as canola or sunflower. This list is a basic guide to get you started on your ketogenic diet journey - good luck!

☑ OK ☒ NOT AVAILABLE