

KETO DAY KETO NIGHT

SHOPPING LIST

Do or Die Dairy

Unsweetened fat-rich dairy products such as butter, cheese, cottage cheese, cream cheese, eggs, ghee, heavy cream, plain greek yogurt, ricotta, and milk made from nuts



Fat is Your Friend

High-quality fats and oils such as almond butter/oil, avocado oil, coconut oil, EVOO, ghee, sunflower oil, and tallow

Maximize with Meat

Fattier cuts of beef, chicken, pork (bacon), and fatty fish such as salmon, sardines, herring, and mackerel



Pick Your Produce Wisely

- | Most non-starchy veggies such as leafy greens including arugula, kale, and spinach, broccoli, Brussels sprouts, cabbage, celery, endive, garlic, and radicchio
- | Low carb fruits such as avocado, blackberries, blueberries, coconut, cucumber, lemons, limes, peppers, raspberries, and tomatoes



Pantry Place

- | Condiments: mustard, olive oil mayonnaise, mustard, unsweetened ketchup
- | Low carb flour: almond, coconut
- | Nuts: almonds, brazil nuts, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, walnuts
- | Powdered mixes: bone broth, gelatin, collagen peptide
- | Seeds: chia, flax, hemp, pumpkin, sunflower, sesame
- | Sweetener: erythritol, stevia, Swerve, Truvia
- | Other: apple cider vinegar, balsamic vinegar, cacao chocolate butter or powder, dill pickles, olives, jerky, sea salt, unsweetened nut butter

Snack Sensation

Keep serving sizes of these on hand, cheese slices, nuts, parmesan cheese crisps, etc.



What to Drink

Almost anything plain, non-alcoholic, and unsweetened such as bone broth, coffee, tea, plain water, and seltzer water