



# APPROVED FOODS SHOPPING LIST

## HIGH QUALITY PROTEINS

Beef (Grass Fed & Finished)  
Chicken (Pasture Raised)  
Pork (Heritage Farmed)  
Lamb  
Wild game  
Bison  
Venison  
Eggs (Pasture Raised)  
Salmon (Pacific, Alaskan, Wild Caught)  
Mackerel  
Anchovies  
Sardines  
Halibut  
Plant Protein (Soy Free)  
Whey Protein (Grass Fed Cows)  
Shrimp  
Crab  
Lobster  
Scallops  
Clams  
Oysters  
Calamari  
Mussels

## MEDIUM QUALITY PROTEINS

Lentils (pressure cooked)  
Salmon (Atlantic, Farmed)  
Tilapia  
Sea Bass  
Tuna (chunk light)  
Beef (Organic, Antibiotic Free)  
Chicken (Organic)  
Pork (Organic)  
Eggs (Organic, Omega 3)  
Tofu  
Tempeh  
Edamame  
Greek Yogurt (Grass fed)  
Black beans (pressure cooked)  
Cottage cheese (Grass fed)

## Pasta / Rice Substitutes

Black bean pasta  
Lentil pasta  
Konjac / shiratake noodles  
NOoodles  
Zucchini noodles  
Miracle Rice  
Cauliflower rice  
Spaghetti squash

## HIGH QUALITY CARBOHYDRATES

Romaine lettuce  
Red and green leaf lettuce  
Mesclun  
Spinach  
Endive  
Seaweed  
Basil  
Mint  
Cilantro  
Parsely  
Butter lettuce  
Broccoli  
Brussels sprouts  
Cauliflower  
Bok choy  
Cabbage  
Radicchio  
Celery  
Onions  
Leeks  
Chives  
Scallions  
Artichokes  
Carrots (raw)  
Okra  
Garlic  
Mushrooms  
Hearts of palm  
Beets (1/2 cup)  
Radish  
Asparagus  
Zucchini

## Sweeteners (in moderation)

Stevia  
Chicory root (inulin)  
Monk fruit  
Erythritol  
Xylitol  
Swerve (brand)

## Desserts (< 150 calories per day)

Dark chocolate 65%+ cacao, 1oz  
Keto brownies (150 cals)  
Keto cake (150 cals)  
Keto ice cream (150 cals)  
Halo Top ice cream (1/2 cup)  
Enlightened ice cream (1/2 cup)  
Haagen-Dazs Vanilla (1/4 cup)  
Haagen-Dazs Chocolate (1/4 cup)  
Greek Yogurt (1/2 cup) with berries (1/3 cup) grain free

## STRATEGIC FATS

Avocado  
Coconut Cream  
Coconut Milk (unsweetened)  
Olives (limit 10)  
Butter (Grass fed)  
Ghee (Organic or grass fed)

## Oils

Olive Oil  
Avocado Oil  
Coconut Oil  
MCT Oil  
Macadamia Oil  
Walnut Oil

## Nuts and Seeds

Walnuts  
Almonds  
Pecans  
Hazelnuts  
Brazil Nuts  
Macadamia  
Pumpkin  
Sesame  
Hemp  
Sunflower

## Dairy (if no sensitivities)

Butter (Grass Fed)  
Ghee (Grass Fed)  
Goat Cheese  
Sheep Milk Cheese  
Feta  
Heavy Cream (Grass Fed or Organic)  
Cheese (Grass Fed or Organic)  
Greek Yogurt (Grass Fed or Organic)  
Cottage Cheese (Grass Fed or Organic)

## Alcohol (< 150 calories per day)

Red wine (6 ounces per day)  
Spirits\* (1.5 ounces per day)  
\*Straight or with no carb mixer  
Vodka  
Tequila  
Bourbon  
Scotch  
Gin  
Whiskey  
Rum  
Cognac

## RESISTANT STARCHES

Almond flour  
Coconut flour  
Green plantains  
Cassava  
Sweet potatoes  
Yams  
Purple sweet potatoes  
Yucca  
Konjac root noodles  
Jicama  
Taro root  
Turnips  
Persimmon  
Rice (cooked then cooled)  
Red potatoes (cooked then cooled)  
Oatmeal (cooked then cooled)  
Purple potatoes (cooked then cooled)  
Green bananas  
Potato starch  
Butternut squash  
Pumpkin  
Sprouted grain bread (rarely)

## FRUITS

*Organic, in season or frozen*

Blueberries  
Raspberries  
Blackberries  
Strawberries  
Cherries  
Pomegranates  
Apples (1/2 cup)  
Pears (1/2 cup)  
Plum (1)  
Apricots (1/2 cup)  
Peaches (1/2 cup)  
Nectarines (1/2 cup)  
Grapefruit (1/2 cup)  
Oranges (1/2 cup)

## Bars (moderation)

Adapt KETOBAR  
Perfect KETO BAR  
dang BAR  
KETO-CRAVE  
STOKA BAR  
QUEST Bar  
ONE Bar

## Beverages

Water  
Black coffee  
Brewed tea  
Infused water  
Sparkling water