



Grocery Shopping List

Meat:

Chicken – Thighs, Wings, Drumettes, Eggs
Beef – Ribeye, NY Strip, Ground
Pork – Chops, Ham, Bacon, Pepperoni, Sausage
Lunch meats – check for added sugar
Bone Broth – Chicken or Beef
Most meat is fair game – the fattier, the better

Veggies/Produce:

Lettuce Pickles
Kale Olives
Spinach Radishes
Celery Avocado
Cucumber Zucchini
Cabbage Mushrooms
Broccoli Brussels sprouts
Bell Pepper Tomatoes
Jalapeño
Asparagus
Green Beans
Cauliflower

Fruit (in moderation):

Raspberries Lemons
Blackberries Limes
Blueberries
Strawberries

Seafood:

Tuna
Salmon – Wild Alaskan
Shrimp – Wild Argentine Red
Crab – real, not imitation
Sardines

Full Fat Dairy:

Butter - real butter, not spread or margarine
Cheese - almost all are fine
Cream cheese – full fat
Sour cream – full fat
Heavy cream

Fats/Oils

Olive Oil
Coconut Oil
Avocado Oil
Lard or Tallow
MCT Oil – medium chain triglycerides
Mayonnaise – no canola or soy based preferably

Nuts/Seeds (in moderation):

Macadamia Nuts Pumpkin Seeds
Pecans Brazil Nuts
Walnuts Almonds
Natural Peanut or Almond Butter – No sugar

