



Shopping List

(Not exhaustive)

Common Vegetables:

- Artichoke hearts
- Asparagus
- Avocados
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumbers
- Fermented vegetables (great for gut health)
- Kale
- Mushrooms
- Okra
- Salad greens
- Sauté greens
- Spinach
- Various leafy greens (spinach, romaine, arugula, bib lettuce, etc.)
- Zucchini

Once fat adapted, you can add back limited amounts of these foods:

- Eggplant
- Garlic
- Green beans (fresh)
- Onions
- Parsnips
- Peppers

- Rutabaga
- Tomatoes
- Winter squash (very limited amounts)

Common Proteins

- Grass-fed beef
- Lamb
- Pork (including nitrate free, free range bacon and sausage)
- Poultry (preferably pastured and organic, skin-on, bone-in and both dark and white meat!)
- Seafood (wild-caught fish and shellfish, preferably Alaskan or northern pacific)
- Sardines and anchovies (Wild caught)
- Wild game meats
- Eggs (preferably pastured and organic)
- Organ meats
- Protein Powder (whey, low sugar/carb)

Common Dairy (Full Fat)

- Cheese: (occasionally)
 - Hard cheeses such as cheddar or Parmesan or soft, high-fat cheese such as Brie, Organic aged blue cheese, string cheese
 - Purchase only quality organic or aged cheeses, not the big yellow bricks in the common cheese section.
- Heavy whipping cream
- Sour cream (cultured, without added starches or fillers)
- Full-fat “original” cream cheese
- Grass Fed Butter (Like Kerrygold)
- Ghee
- Cottage Cheese (occasionally) Full fat and if dairy is tolerated well

Healthy Fats & Oils

- Coconut oil
- MCT oil
- Cocoa butter
- Raw, organic butter or ghee, grass fed
- Lard or tallow from organically raised animals, best for

- sautéing
- Other saturated animal fats, such as duck fat
- Extra virgin olive oil (for dressings or homemade
- mayonnaise)
- Avocado oil
- Macadamia Oil
- Olives (as a snack)

Nuts and Seeds

**Nut should ideally be raw, no more than a handful)*

- Macadamias (rich in healthy fats, yet low in carbs and
- protein)
- Pecans
- Almonds
- Pistachios (on occasion)
- Cashews (on occasion)
- Brazil nuts (rich in selenium but limit yourself to two per day because they are high in protein)
- Coconut (including unsweetened meat, milk, cream, or flour)
- Hazelnuts
- Chia seeds
- Hemp hearts/seeds
- Pumpkin seeds
- Black sesame seeds
- Black cumin seeds
- Raw cacao nibs
- Flax seeds (rich in healthy omega-3s and fiber; grind before eating)

Condiments

- Mayonnaise (olive oil based only)
- Mustard
- Soy sauce (tamari if you're eating gluten-free like me)
- Hot sauce
- Salad dressings (make your own with extra virgin olive oil & vinegar)
- Lemon/lime juice
- Sugar Free Barbeque sauce

Misc.

- Cocoa powder (unsweetened)
- almond milk (unsweetened)
- coconut milk/cream (unsweetened)
- Almond meal/flour
- Psyllium husk flour
- Olives
- Pickles
- Herbs
- Spices
- Pork rinds
- Beef jerky
- Dark chocolate (85% cacao+)
- Hemp hearts

Spices

- Sea salt
- Black pepper
- Basil
- Cayenne pepper
- Chili powder
- Cilantro
- Cinnamon
- Cumin
- Oregano
- Parsley
- Rosemary
- Sage
- Thyme
- Turmeric

Beverages

- Water
- Unsweet tea
- Coffee
- Zevia soda
- La Croix

There's a lot of hype around the terms "organic" and "gluten free." I'm a huge believer in both as I always try to buy organic when possible and I eat gluten free. However, understand just because it says organic or gluten free it doesn't mean low carb. You can eat organic, gluten free cookies and put on 15 pounds. Organic and gluten free are only a positive if applied to a low-carb, high-fat diet.

Grass-fed, free-range, and pasteurized. I'm a big believer in always trying to find meat and full-fat dairy that come from grass-fed animals. These animals are allowed to wander in a grassy pasture subsisting on grass rather than hormone-ridden grains. Grass-fed meats, for example, have a much higher concentration of the healthy Omega-3 fatty acids while grain-fed cows have a higher concentration of Omega-6 fatty acids. The problem here is that it's only when your body has a higher convention of Omega 3s to Omega 6 that you can thrive and stave off problems like inflammation and other autoimmune issues. I understand that it might not always be possible to obtain grass-fed meats. That's okay. Do the best you can and take a high-quality Omega 3 supplement to offset the damage.

Pasteurized is a term mainly used to describe the living and feeding environment of poultry and pigs. While you may think that "cage free" is a good choice, this only means that the chickens are not in an individual cage, but in a large warehouse with thousands of other chickens eating hormone-ridden grain. This affects both the chicken and their eggs. Pasteurized means chickens are free to roam in a pasture subsisting on grass, worms, and other things from the earth. Eggs from pastured hens contain up to 20 times healthier Omega-3 fatty acids than their less fortunate cousins, factory hens. This is precisely why we raise our own chickens. We live in a neighborhood with houses on all sides, yet we still have a coup in the far corner of our backyard with 15 chickens. I'd venture to say most of our neighbors are unaware we even have them. They are cheap and easy to maintain, and we get 12 to 14 fresh, pastured eggs every day. And if you've never had a fresh pastured egg, you don't know what you're missing. It may sound crazy to you, but having just a couple chickens at home can be very rewarding.

Plant a Garden! While on the topic of pastured eggs, I'd be remiss if I didn't share the huge benefit of a home garden. We have several raised garden beds that we grow a large yield of fresh organic vegetables. Not only do we save hundreds of dollars annually by having a garden, it's satisfying to know where our vegetables came from and there's no comparison in taste to grocery vegetables. If this just isn't an option for you, seek out your local farmers' market and visit it regularly. Farmers' markets are a great source of locally grown organic vegetables and fruits, and even grass-fed butter. You can also find options for grass-fed meats and pastured poultry and eggs. Skip the supermarket this week and go to your local farmers' market and support these wonderful people.