

BEEF (FATTIER CUTS)

- Steak
- Prime Rib
- Veal
- Roast Beef
- Baby Back Ribs
- Ground Beef
- Corned Beef
- Hamburger
- Stew Meats

ORGAN MEATS

- Heart
- Liver
- Tongue
- Kidney
- Offal

OTHER

- Bison
- Lamb
- Goat

SEAFOOD

- Tuna*
- Salmon
- Catfish
- Trout
- Halibut
- Mackerel
- Mahi-Mahi
- Cod
- Bass
- Anchovies*
- Orange Roughy
- Sardines*
- Haddock
- Tilapia
- Clams*
- Oysters*
- Mussels
- Crab**
- Lobster
- Scallops
- Shrimp

* Canned is fine; look for a no-BPA can and choose canned seafood in olive oil, rather than water, for the added healthy fats.

** Make sure it's the real thing -- not imitation

POULTRY

- Duck
- Chicken*
- Quail
- Turkey**
- Wild Game
- Cornish Hen
- Chicken Broth
- Turkey Bacon
- Turkey Sausage
- Eggs

* Leg, Thigh, Wings, Breasts, Whole, or Ground

** Leg, Breast, Whole, or Ground

DELI MEATS

- Cold Cuts
- Salami
- Pepperoni
- Prosciutto

* Double-check the label for harmful additives

PORK

- Tenderloin
- Pork Loin
- Ham
- Pork Chops
- Bacon
- Ground Pork
- Pork Rinds

DAIRY PRODUCTS

- Full - Fat Greek Yogurt
- Heavy Creams (preferably raw)
- Kefir
- Sour Cream
- Mayonnaise
- Butter (grass-fed)
- Ghee
- Heavy Whipping Cream

CHEESES

- Parmesan
- Swiss
- Feta
- Cheddar
- Brie
- Monterrey Jack
- Mozzarella
- Colby
- Goat Cheese
- Bleu Cheese
- Cottage Cheese
- Cream Cheese
- String Cheese
- Ricotta Cheese

OILS

- Coconut Oil
- Olive Oil
- Avocado Oil
- MCT Oil

NUTS & SEEDS

- Almonds (or Almond Butter)
- Macadamias
- Hazelnuts
- Pecans
- Pistachios
- Walnuts
- Sesame Seeds
- Sunflower Seeds
- Pumpkin Seeds
- Flaxseeds
- Chia Seeds
- Peanut Butter
- Almond Butter

OTHER FATS

- Cocoa Butter
- Coconut Butter
- Bacon Fat
- Duck Fat

VEGETABLES

- Leafy Greens
- Kale
- Spinach
- Swiss Chard
- Bok Choy
- Romaine Lettuce
- Iceberg Lettuce
- Radicchio
- Brussels Sprouts
- Green Beans
- Artichoke Hearts
- Bean Sprouts
- Broccoli
- Garlic
- Onions
- Bell Peppers
- Asparagus
- Kohlrabi
- Celery
- Cucumber
- White Mushrooms
- Portobello Mushrooms
- Black Olives
- Green Olives
- Zucchini
- Spaghetti Squash
- Snow Peas
- Okra
- Leeks
- Cauliflower
- Artichokes
- Cabbage

FERMENTED FOODS

- Sauerkraut (no added sugars)
- Kimchi
- Natto
- Pickles
- Salsa (sugar-free)

FRUITS

- Avocados
- Strawberries
- Blueberries
- Raspberries
- Cherries
- Cranberries
- Mulberries

BAKING SUPPLIES

- Coconut Flour
- Almond Flour
- Coconut Flakes
- Cocoa Powder
- Sea Salt
- Baking Soda
- Vanilla

SWEETENERS

- Erythritol
- Xylitol
- Pure Stevia Powder
- Pure Stevia Drops
- Monk Fruit
- Mannitol

CONDIMENTS

- Yellow Mustard
- Brown Mustard
- Soy Sauce or Coconut Aminos
- Sugar-Free Ketchup
- Mayonnaise
- Horseradish
- Hot Sauce
- Low Carb Salsa
- Worcestershire Sauce
- High-Fat Salad Dressings*
- Lemon Juice
- Lime Juice
- Sugar-Free Syrup

* Such as Ranch or Blue Cheese (Sugar-Free or Very Low Sugar is okay)

SPICES & HERBS

- Basil
- Oregano
- Parsley
- Rosemary
- Thyme
- Cilantro
- Cayenne Pepper
- Chili Powder
- Cumin
- Cinnamon
- Nutmeg
- Salt and Pepper

DRINKS & LIQUIDS

- Water
 - Some Kombucha*
 - La Croix & Other Sparkling Waters
 - Soda Water, Tonic Water & Seltzer Water
 - Coconut Milk (Unsweetened)
 - Cashew Milk (Unsweetened)
 - Almond Milk (Unsweetened)
 - Unsweetened Tea Or Coffee
 - Heavy Creamer (Sugar-Free)
 - Low Carb Smoothies
 - Coconut Water**
 - Low Carb Alcohol, Like Hard Liquor
 - Bone Broth
- * Make sure it's low in sugar
- ** Make sure it only contains one ingredient -- Coconut Water