



## Grocery List

### Proteins

- Eggs
- Beef (ground, steak)
- Chicken (ground, breast/thigh, sausage, whole)\*
- Turkey (ground, whole)
- Fish (salmon, whitefish)
- Shrimp
- Scallops
- Pork (ground, chops, sausage, bacon)\*
- Deli meat (low-sodium)\*

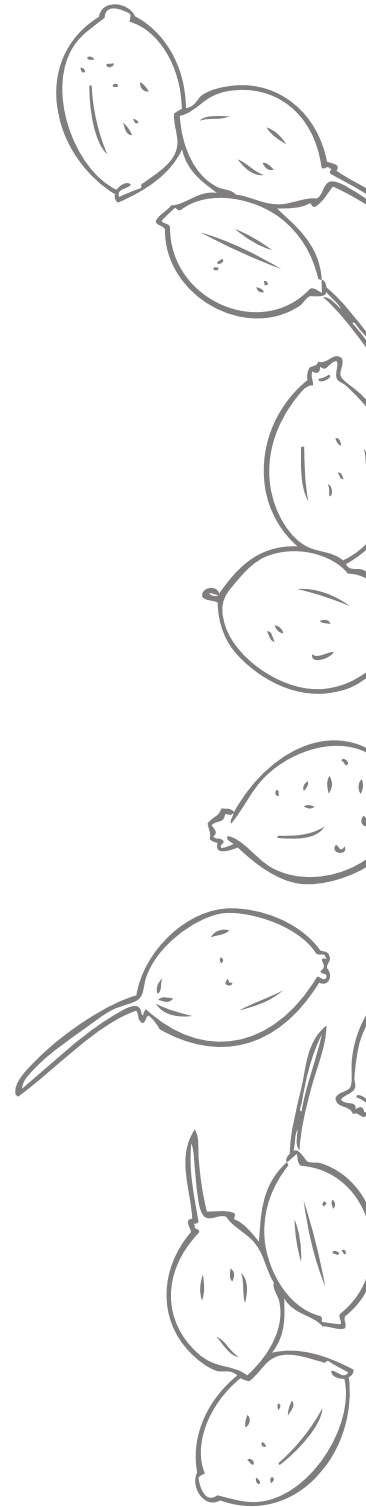
\*look for low-sodium, uncured

### Fruits/Vegetables

- All fruits/vegetables (be mindful of canned/frozen vegetables packed in sauces or creams, also be aware of the sodium content)

### Fats

- Clarified butter
- Duck fat
- Ghee
- Coconut Oil
- Extra-Virgin Olive Oil



## *Eating/Dressing*

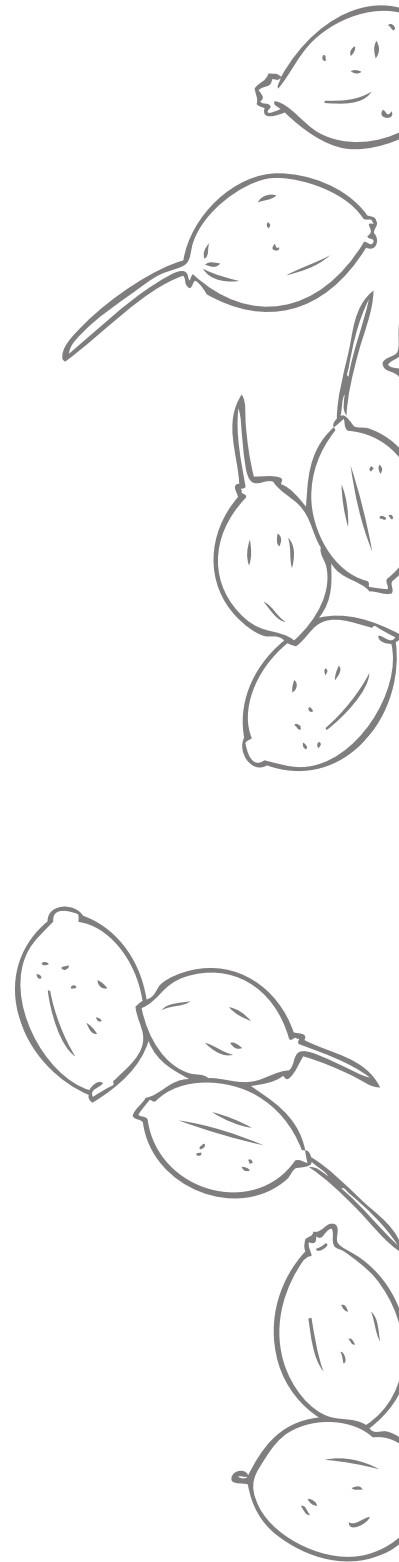
- Avocado and avocado oil
- Coconut butter
- Coconut (flakes, shredded)
- Light Olive Oil
- Olives

## *Nuts/Seeds*

- Almonds/almond butter
- Brazil nuts
- Cashews
- Hazelnuts
- Macadamia
- Pecans
- Pistachio
- Flax
- Pine Nuts
- Pumpkin seeds/Pepitas
- Sesame Seeds
- Sunflower Seeds
- Walnuts

## *Pantry Items*

- Almond/Coconut flour
- Apple Cider Vinegar
- Arrowroot Vinegar
- Balsamic/Red Wine/Rice/White Vinegar
- Beef/Chicken/Vegetable Broth
- Canned Butternut Squash
- Canned Pumpkin
- Canned Sweet Potato
- Canned Salmon/Tuna
- Capers
- Cocoa (100% Cacao)
- Hot sauce (sugar-free)
- Mustard
- Pickles



## *Drinks*

- Club soda
- Coconut water
- Coffee
- Kombucha
- Mineral Water
- Naturally flavored water
- Seltzer water
- Sparkling Water
- Tea (all)

