

KETO



SHOPPING LIST



MEATS

- Steak
- Beef Roast
- Ground Beef
- Salmon
- White Fish
- Chicken Thighs
- Bacon
- Pork
- Ground Pork
- Beef Liver
- Chicken Liver
- Lamb Chops
- Ground Lamb
- Bison
- Elk
- Venison

EGGS

- Chicken
- Duck
- Quail
- Fish

VEGETABLES

- Kale
- Spinach
- Lettuce (any)
- Challots
- Onion
- Garlic
- Sugar Free Tomato Sauce

FATS

- Coconut Oil
- Grass Fed Butter
- Heavy Whipping Cream

CHEESE

- Cheddar
- Swiss/Emmental
- Mozzarella
- Cream Cheese
- Parmesan

BAKING

- Almond Flour
- Coconut Flour
- Swerve/Erythritol
- Stevia Glycerol
- Baking Powder
- Baking Soda
- Dark Chocolate
(unsweetened)

CURED/CULTURED

- Pepperettes
- Salami
- Porchetta
- Cold Smoked Fish
- Meat Sticks
- Sugar Free Jerkey
- Traditional Sauerkraut
- Pickles



Everything Should Be 100% SUGAR FREE



Organic or Wild is Best But NOT REQUIRED



Avoid BAD FATS: Canola, Vegetable, etc.



CAFFEINE from Coffee and Tea is Fine!



NUTS for Snacking are OK! But BE VERY CAREFUL as they are HIGH IN CARBS



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