

Eat This

Remember:

When it says: “wild caught” “grass fed” “organic” “free range”
Those may be ideal

You need to buy what fits your budget!

FATS

- **Saturated Fats** like coconut oil, MCT oil, butter, ghee, grass-fed butter, lard
- **Monounsaturated Fats** like extra-virgin olive oil, avocado oil, macadamia nut oil
Avocado oil mayonnaise

PROTIEN

- Pasteurized eggs
- Grass-fed fatty cuts of beef like ribeye steaks and 85/15 or 80/20 ground beef
- Uncured center-cut bacon
- Wild caught fatty fish and seafood like salmon and shrimp
- Organic fatty cuts of pork such as pork shoulder and pork chops
- Free-range chicken with skin: chicken thighs, drumsticks, wings

DAIRY

Full fat, organic dairy products including

- heavy whipping cream
- sour cream
- cream cheese
- mascarpone
- cheese (hard, soft, blue)

VEGGIES

- **Leafy greens:** swiss chard, bok choy, spinach, lettuce, endive, radicchio
- **Cruciferous veggies:** dark leaf kale, radishes
- Celery
- Asparagus
- Cucumber
- Zucchini

FRUIT

- Avocado
- Blackberries (very minimal amounts – adds sugar quickly)
- Strawberries (very minimal amounts – adds sugar quickly)

NUTS & SEEDS

- Macadamia Nuts
- Pecans
- Almonds
- Hazelnuts
- Brazil Nuts
- Sunflower Seeds
- Chia Seeds
- Unsweetened coconut flakes

FLOURS

- Almond Flour
- Hazelnut Flour
- Coconut Flour
- Flaxseed Meal

MILK

- Unsweetened almond/cashew/coconut milk
- Full fat coconut milk and coconut cream

SWEETENERS & BAKING SUPPLIES

- Stevia
- Erythritol/Swerve
- Xanthan gum
- Guar gum
- Konjac Flour (Glucomannan Powder)
- Lily's Sugar Free dark chocolate
- Extra dark chocolate
- Unsweetened cocoa powder

BEVERAGES

- Water
- Coffee
- Unsweetened tea

OTHER

- Pork rinds (not flavored!)
- Broth (NOT low-sodium and check ingredients)
- Rao's or another low carb, sugar free tomato sauce

ALCOHOL

Dry red wine, spirits (*but try to avoid all together*)

Not That

FATS

- Polyunsaturated Fats marketed as “heart healthy” like margarine
- Trans Fats (except the ones naturally occurring in meat)
- Corn oil
- Canola oil
- Vegetable oil
- Safflower oil
- Sunflower Oil
- Mayonnaise

PROTIEN

- Sausages
- Meat covered/mixed with breadcrumbs
- Hot dogs (check ingredients!)
- Processed lunch meats
- Soy
- Whey Protein Isolate

DAIRY

- Low Fat/Fat Free Dairy products
- Yogurts
- Cottage cheese
- Cow's Milk

VEGETABLES

- **Root vegetables:** potatoes, parsnip, beets, carrots
- Corn
- Sugar Snap Peas

FRUIT

- All other fruit (blueberries and raspberries are OK in certain recipes)

NUTS

- Cashews
- Pistachios
- Chestnuts

GRAINS

- All grains, even “whole grains”
- Quinoa
- Rice
- Barley
- Millet
- Wheat flours/wheat gluten
- Beans and legumes

BEVERAGES

- Soda
- Juice

SWEETNERS

- **Sugar**
 - table sugar
 - high-fructose corn syrup
 - agave syrup
 - maple syrup
 - honey
 - fructose
- **Artificial sweeteners**
 - equal
 - aspartame
 - acesulfame
 - sucralose
 - saccharin
 - Sweet & Low
 - Splenda

OTHER

- “Low Fat”, “Low Carb” and “Zero Carb” products (i.e. Atkins bars/products)
- Processed foods containing carrageenan, MSG and sulfites

ALCOHOL

- Beer
- Sweet wines
- Sugary cocktails