

Sample Grocery List

Proteins:

- Chicken
- Turkey
- Beef
- Pork
- Fish
- Seafood
- Eggs
- Protein powder or protein broth

Vegetables:

- Spinach
- Kale
- Lettuce
- Asparagus
- Broccoli
- Cauliflower
- All peppers
- Cucumbers
- Radishes
- Zucchini
- Avocado
- Tomatoes
- All onions

Fruits:

- All Berries
- Grapefruit
- Tart apples
- Cranberries***

Sweeteners:

- Stevia drops or powder (comes in many flavors)
- Monk fruit
- Xylitol

Dairy:

- Full-fat Greek yogurt
- Cheese
- Cream
- Butter

All Nuts & Seeds-unflavored, raw or roasted/salted, organic when possible:

- Almonds
- Pumpkin
- Walnuts
- Chia seeds
- Flaxseeds
- Nut butters

Condiments:

- Olive oil
- Coconut oil
- Avocado oil
- Clean mayo
- Mustard
- Vinegar
- Garlic* ***
- Salt
- Pepper
- Oregano* ***
- Basil
- Turmeric* ***
- Cayenne Pepper
- Cumin
- Ginger* ***
- Cinnamon* ***

Snacks:

- Seaweed
- Cheese crisps
- All nuts
- Low-carb crackers and tortilla chips
- Frozen berries
- Paleo brownies
- Organic popcorn
- Low-carb protein bar

Beverages:

- Coffee
- Tea
- Sparkling water
- Unsweet Coconut or Almond milk
- Hops water