

## KETO FASTING WEEKLY MEAL PLANNER WEEK ENDING

Grocery Management - Use what's on hand first for freshest meals and to avoid waste  
Per Meal - Pick a protein/Pick low carb veggies/Pick a Fat to add

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## Shopping List and Keto Low Carb Cheat Sheet

**DO** - Eat Clean pure whole foods. If you can afford to, buy organic grass-fed, pasture raised, nitrate free, GMO free, msg free, full fat, wild caught, unsweetened. Full Fat FF. Unsweetened US. Sugar Free SF. natural salt. Buy the best food you can.

**Ingredients To Avoid** - Avoid High carbohydrate Foods, Sugar, Most Fruit, Pasta, Grains, Bread, Rice, Cereals, Fat Free, Low fat, Highly Processed Refined Oils, Highly Processed Foods, Alcohol, Margarine, Chemicals, Preservatives, Fillers in hot dogs, chemical salt, Funky Foods, Fake Foods.

**Key:** FF Full Fat, US Unsweetened, SF Sugar Free

**Keto Low Carb Food List** - Pick a protein/Pick low carb veggies/Add a Fat per meal

**Produce** Asian Greens, Asparagus, Artichokes, Bok Choi, Broccoli, Brussel Sprouts, Cabbage, Cauliflower, Celery, Chinese Cabbage, Cauliflower, Celery, Chinese Cabbage, Collard Greens, Cucumber, Eggplant, Endive, Garlic, Green Beans, Green Onions, Kale, Kohlrabi, Leeks, All Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Pumpkin, Peppers, Radicchio, Radish, Snow Peas, Spinach, Squash, Swiss Chard, Tomatoes, Turnips, Zucchini, Sugar Free Salads and Kits, Zoodles, Shirataki Noodles, Riced Cauliflower, Guacamole, SF Salsa, Sprouts, Coconut, Avocado, Blueberry, Cranberry, Blackberry, Strawberry, Raspberry. **Meat/Seafood** Bacon, Beef, Buffalo, Chicken, Corned Beef, Deli Meats, Fish, Crab, Lobster, Mussels, Clams, Goat, Rotisserie Chicken, Hot Dogs, Jerky, Lamb, Meat Sausage, Bacon, Salami, Pepperoni, Poultry, Salami, Shrimp, Turkey, Venison **Fermented Foods** Olives, Pickles, Sauerkraut, Kimchi, Capers. **Dairy** Butter, US FF Cheese, Cheddar, Colby, Jack, Blue Cheese, Swiss Cheese, Mozzarella, Cream Cheese, Feta, Parmesan, Provolone, String Cheese, Cheese Sticks etc. Cream, Eggs, Ghee, US FF Coconut Milk, US FF Almond Milk, US FF Macadamia Milk, FF Sour Cream, Plain FF Greek Yogurt. **Canned/Dry Goods** US Coconut Cream US Coconut Milk, Artichokes, US Tomato Sauce, Tomato Paste, Marinara, SF Bone Broth, SF Meat Broth, Canned Meat, Corned Beef, Tuna, Sardines, Mackerel, Salmon, Crab, Sardines, Herring, Almond Flour, Coconut Flour, Chia Seeds, US Coconut Flakes, SF Plain Cocoa, Cocoa Nibs, US Peanut Butter, US Almond Butter, SF dark Chocolate, Nut Butters, Tahini, Plain Gelatin, Peanuts, Almonds, Macadamia Nuts, Pistachios, Walnuts, Hazelnuts, Brazil Nuts, Avocado Oil, Olive Oil, Coconut Oil, Ghee, Pumpkin Seed Oil, Lard, Flax Seed Oil, Hemp Oil, Cheese Crisps, Dried Seaweed Snacks, Monk Fruit Sweetener, Stevia, Erythritol, Tea, Coffee, Plain Sparkling Water, Pink Salt, Grey Salt, Natural Salt, Mayonnaise, Mustard, Dill Relish, Raw Apple Cider Vinegar, Balsamic Vinegar, SF Ketchup, SF BBQ Sauce. **Frozen** Non-starchy Veggies, Riced Cauliflower, Meats, Non-Breaded Seafood and Meats. **Supplies** Blood Glucose Tester and test strips. Keto Urine Strips. Keto Tester and keto tester strips.

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# Keto Low Carb Grocery List

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