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

MON	АМ	WHAT'S IN THE REFER/FREEZER/PANTRY			
	NN				
		<u></u>			
	PM	<u>L</u>			
		<u> </u>			
TUE	AM	H			
		EMERGENCY MEALS/FAT BOMBS			
	NN	□			
		<u> </u>			
	PM				
WED	AM	PREP LIST			
	NN	<u></u>			
		<u></u>			
	PM				
THU	AM	SHOPPING LIST - Check Sales □			
		님			
	NN	H			
	PM	<u> </u>			
FRI	AM				
	NN	□			
		<u></u>			
	PM	님			
SAT	AM	님			
		H			
	NN				
		<u> </u>			
	РМ				
SUN	AM				
3014	,				
	NN	<u> </u>			
	····	[<u>닏</u>			
	PM	L			
		*Key NN=Noon			
		,			

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, Hazel Nuts, 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

Produce	Deli	Dry Goods, Canned food Condi-	Cleaning Supplies, Soap, Paper
	ments		
		□	
		□	
		□	
	D	□	
		□	
		□	
		□	Health Beauty
		□	
	Meat	□	
		□	
		□	
		□	
		□	
Dairy		□	
		□	Pharmacy
		□	□
		□	
		□	
		□	
	Frozen	Beverages	Other
		□	
			
		□	
		□	
		□	□
			□
		□	
		□	

Keto Low Carb Grocery List

If you can afford to, buy organic grass-fed, pasture raised, nitrate free, GMO free, msg free, full fat, wild caught, unsweetened, whole foods, Full Fat FF, Unsweetened US, Sugar Free SF, natural salt. Buy the best food you can. Pick a protein/Pick low carb veggies/Add a Fat per meal

Vegetables	Meat/Seafood	Canned /Dry Goods	Natural Seasonings	Beverages
☐ Artichokes	☐ Bacon	☐ SF Coconut Cream	☐ Pink/Grey Salt	☐ Black/Green Tea
☐ Arugula	☐ Beef	☐ SF Coconut Milk		☐ Black Coffee
☐ Asparagus	☐ Buffalo	☐ Green Beans		☐ Herb Tea
☐ Bok Choi	☐ Chicken	☐ Asparagus		☐ Plain Sparkling Water
☐ Broccoli	☐ Corned Beef	☐ Artichokes		
☐ Brussel Sprouts	☐ Deli Meats	☐ US Tomato Sauce		
Cabbage	☐ Fish and Seafoods	☐ US Tomato Paste		
☐ Cauliflower	□ Goat	☐ Mushrooms	Oils	
☐ Celery	☐ Rotisserie Chicken	☐ SF Bone Broth	☐ Avocado Oil	
☐ Chinese Cabbage	☐ Hot Dogs	☐ SF Meat Broth	☐ Coconut Oil	
☐ Collard Greens	☐ Jerky	☐ Canned Beef	□ Ghee	
☐ Cucumber	□ Lamb	☐ Canned Pork	☐ MCT Oil	Cleaning Supplies, Paper
☐ Eggplant	☐ Meat Sausage	☐ Corned Beef	☐ Olive Oil	Supplies
☐ Endive	☐ Pepperoni	☐ Package or can of sar-	☐ Walnut Oil	
☐ Garlic	☐ Poultry	dines, tuna, sardines, herring,	☐ Fish Oil	
☐ Green Beans	□ Fourty □ Salami	mackerel, salmon	☐ Pumpkin Seed Oil	
☐ Greens	☐ Shrimp	☐ Almond Flour	☐ Flax Seed Oil	
	· ·	☐ Coconut Flour	☐ Lard	
☐ Kale	☐ Turkey	☐ Chia Seeds		
☐ Kohlrabi	□ Venison	☐ SF Coconut Flakes		
☐ All Lettuce		☐ SF Plain Cocoa		
☐ Mushrooms		☐ Cocoa Nibs		Health and Beauty
☐ Mustard Greens		☐ US Peanut Butter		
□ Okra		☐ US Almond Butter		
☐ Onions		☐ Sesame Butter Tahini	Frozen	
☐ Peppers			☐ Non-starchy Veggies	
☐ Radicchio		☐ Plain Gelatin	☐ Riced Cauliflower	
☐ Radish	Fermented Foods	☐ SF Gelatin	☐ Meats	
☐ Snow Peas	☐ Olives	☐ SF Chocolate	\square Non breaded Seafood	
☐ Spinach	☐ Pickles	☐ Cheese Crisps	☐ SF Coconut Cream	
☐ Squash and Pumpkin	☐ Sauerkraut	☐ Dried Seaweed Snacks		
□ Swiss Chard	☐ Kimchi			Pharmacy
☐ Tomatoes				
□ Turnips				
☐ Zucchini				
☐ SF Salads	Dairy			
☐ Zoodles	□ Butter			
☐ Shirataki Noodles	☐ US FF Cheese			
☐ Riced Cauliflower	Like Cheddar, Blue, Swiss,			Supplies
☐ Guacamole	Mozzarella, Cream Cheese,			☐ blood glucose test strips
	Feta, Parmesan, Provolone, string cheese, cheese sticks,			☐ ketosis test strips
	etc.			
☐ Sprouts	☐ Cream		Condiments	
	□ Eggs	Nuts/Seeds		
	☐ Ghee	☐ Walnuts	☐ Mayonnaise	
	☐ Heavy Cream	☐ Almonds	☐ Mustard	Other
	☐ US FF Coconut Milk	☐ Brazil Nuts	☐ Dill Relish	
	☐ US FF Almond Milk	☐ Macadamia Nuts	□ Olives	
Fruit	☐ US FF Macadamia Milk	☐ Pistachios	☐ Pickled Onions	
☐ Coconut	☐ FF Sour Cream	☐ Hazel Nuts	☐ Capers	
☐ Avocado	□Plain FF Greek Yogurt	☐ Pecans	☐ Raw Apple Cider Vinegar, Balsamic Vinegar	
☐ Blueberry		☐ Sunflower Seeds	☐ Unsweetened Sauces	
☐ Blackberry			☐ US or SF Ketchup	Ingredients To Avoid -Sugar,
☐ Cranberry		□Pumpkin Seeds	•	most fruit, high carb foods,
☐ Strawberry		□Peanuts	☐ US or SF BBQ sauce	pasta, grains, bread, rice,
☐ Raspberry		Sweeteners	☐ Unsweetened Hot Sauce	cereals, fat free/low fat, food chemicals and preservatives,
		☐ Monk Fruit		highly refined oils, Alcohol,
		☐ Stevia		margarine. * Key SF - sugar free, US - unsweetened, FF -
		☐ Erythritol		Full Fat