

KetoFLEX 12/3 Grocery List

Glycemic Index: **Green** = Go **Yellow** = Caution **Red** = Beware

- | | | | |
|------------------------|---|---------------|---------------------|
| Must be USDA Organic | Wild-Caught | Leafy | Pre Prebiotic |
| Inflammatory Dairy | 100% Pastured | Cruciferous | Pro Probiotic |
| High Saturated Fats | N-ASC Norwegian Aquaculture Stewardship Council | High Lectins | RS Resistant Starch |
| Complete Plant Protein | | High Oxalates | Highest in Category |

Vegetables

USDA organic, local and seasonal when possible. Prioritize deeply pigmented, non-starchy vegetables. Please note, this list is not exhaustive.

Daily Goal: 6-9 cups of non-starchy vegetables per day, 1/2 raw and 1/2 cooked as tolerated, increasing the amount slowly.

- | | | | |
|---|--|--|--|
| <ul style="list-style-type: none"> <input type="checkbox"/> Acorn Squash <input type="checkbox"/> Artichoke Pre <input type="checkbox"/> Artichoke Heart Pre <input type="checkbox"/> Arugula <input type="checkbox"/> Asparagus Pre <input type="checkbox"/> Avocado <input type="checkbox"/> Bamboo Shoot <input type="checkbox"/> Beet Green <input type="checkbox"/> Beet (Uncooked) <input type="checkbox"/> Beet (Cooked) <input type="checkbox"/> Broccoli <input type="checkbox"/> Broccolini <input type="checkbox"/> Brussels Sprout <input type="checkbox"/> Burdock Root Pre <input type="checkbox"/> Butternut Squash <input type="checkbox"/> Cabbage Pre <ul style="list-style-type: none"> • Bok Choy • Chinese • Green • Napa • Red • Savoy <input type="checkbox"/> Caper <input type="checkbox"/> Carrot (Uncooked) <input type="checkbox"/> Carrot (Cooked) | <ul style="list-style-type: none"> <input type="checkbox"/> Cassava Root (Tapioca) RS <input type="checkbox"/> Cauliflower <input type="checkbox"/> Celery <input type="checkbox"/> Celery Root (Celeriac) <input type="checkbox"/> Chicory Pre <ul style="list-style-type: none"> • Endive • Escarole • Frisée • Radicchio <input type="checkbox"/> Collard Green <input type="checkbox"/> Cucumber <input type="checkbox"/> Dandelion Green <input type="checkbox"/> Delicata Squash <input type="checkbox"/> Edamame <input type="checkbox"/> Eggplant <input type="checkbox"/> Fennel <input type="checkbox"/> Garlic Pre <input type="checkbox"/> Green Bean <input type="checkbox"/> Heart of Palm <input type="checkbox"/> Horseradish <input type="checkbox"/> Jicama Pre <input type="checkbox"/> Kale <input type="checkbox"/> Kohlrabi <input type="checkbox"/> Konjac Root (Elephant Yam) Pre | <ul style="list-style-type: none"> <input type="checkbox"/> Leek Pre <input type="checkbox"/> Lettuce <ul style="list-style-type: none"> • Butter (Boston, Bib) • Leaf (Red, Green, Oak) • Mesculin (Young Blend) • Romaine (Red, Green) <input type="checkbox"/> Mushroom <ul style="list-style-type: none"> • Button Pre • Chantarelle Pre • Cremini Pre • Lion's Mane • Oyster Pre • Porcini Pre • Portobello Pre • Reishi Pre • Shiitaki Pre <input type="checkbox"/> Mustard Green <input type="checkbox"/> Okra <input type="checkbox"/> Olive <input type="checkbox"/> Onion Pre <input type="checkbox"/> Parsnip RS <input type="checkbox"/> Pea <ul style="list-style-type: none"> • Green • Snap • Snow <input type="checkbox"/> Pepper <input type="checkbox"/> Potato (Colored, Sweet) RS <input type="checkbox"/> Pumpkin <input type="checkbox"/> Purslane <input type="checkbox"/> Radish <input type="checkbox"/> Rapini (Broccoli Rabe) <input type="checkbox"/> Rhubarb <input type="checkbox"/> Rutabaga RS | <ul style="list-style-type: none"> <input type="checkbox"/> Scallion Pre <input type="checkbox"/> Sea Vegetable <input type="checkbox"/> Shallot Pre <input type="checkbox"/> Spaghetti Squash <input type="checkbox"/> Spinach <input type="checkbox"/> Sprout <ul style="list-style-type: none"> • Alfalfa • Broccoli • Mung Bean <input type="checkbox"/> Sunchoke (Jerusalem Artichokes) Pre <input type="checkbox"/> Swiss Chard <input type="checkbox"/> Taro Root RS <input type="checkbox"/> Tomato <input type="checkbox"/> Tomatillo <input type="checkbox"/> Turnip RS <input type="checkbox"/> Turnip Green <input type="checkbox"/> Watercress <input type="checkbox"/> Water Chestnut <input type="checkbox"/> Yam RS <input type="checkbox"/> Yellow Squash <input type="checkbox"/> Yucca RS <input type="checkbox"/> Zucchini |
|---|--|--|--|



Herbs & Spices

Preferably fresh and USDA organic

Daily Goal: Use freely with every meal

- | | | |
|---|---|-----------------------------------|
| <input type="checkbox"/> Basil | <input type="checkbox"/> Cumin | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Dill Seed/Weed | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Black Cumin | <input type="checkbox"/> Ginger | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Black Pepper | <input type="checkbox"/> Lavender | <input type="checkbox"/> Saffron |
| <input type="checkbox"/> Cayenne Pepper | <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Maca | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Marjoram | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Chive | <input type="checkbox"/> Mint | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Cilantro | <input type="checkbox"/> Mustard (Ground) | <input type="checkbox"/> Vanilla |
| <input type="checkbox"/> Coriander | <input type="checkbox"/> Oregano | <input type="checkbox"/> Wasabi |

Coffees

USDA organic and mold-free (if sensitive to mold), only approved sweeteners and milks (all milks, honey & maple syrup break a fast)

Daily Goal: 1-4 (8 oz) cup(s) daily, limit caffeine to before noon, only approved sweeteners and milks

- Coffee (from the Coffea arabica plant) ☹️
- Coffee (from chicory root) 🌱 Pre
- Coffee (from mushrooms) 🌱 Pre

Nuts & Seeds

Fresh, raw, lightly toasted is ok, preferably USDA organic. Avoid commercially prepared nuts and seeds with added oils, sweeteners, cooked at high temperatures.

Daily Goal: Include as a healthy fat to achieve your ketosis goal; limit to balance omega-3:6 ratio

- | | |
|--|---|
| <input type="checkbox"/> Almond ☹️ | <input type="checkbox"/> Macadamia |
| <input type="checkbox"/> Black Cumin Seed | <input type="checkbox"/> Pecan |
| <input type="checkbox"/> Black Sesame Seed | <input type="checkbox"/> Pine Nut |
| <input type="checkbox"/> Brazil Nut | <input type="checkbox"/> Pistachio |
| <input type="checkbox"/> Cashew | <input type="checkbox"/> Pumpkin Seed |
| <input type="checkbox"/> Chestnut | <input type="checkbox"/> Sacha Inchi Seed 🌱 |
| <input type="checkbox"/> Chia Seed 🌱 | <input type="checkbox"/> Sunflower Seed |
| <input type="checkbox"/> Flax Seed | <input type="checkbox"/> Sesame Seed |
| <input type="checkbox"/> Hazelnut | <input type="checkbox"/> Walnut |
| <input type="checkbox"/> Hemp Seed 🌱 | |

Teas

Preferably USDA organic, avoid plastic or recycled paper tea bags, only approved sweeteners and milks (all milks, honey & maple syrup break a fast)

Daily Goal: Use freely, limit caffeine to before noon, only approved sweeteners and milks

- | | | |
|------------------------------------|---------------------------------------|--|
| <input type="checkbox"/> Black ☹️ | <input type="checkbox"/> Green | <input type="checkbox"/> Mushroom |
| <input type="checkbox"/> Chamomile | <input type="checkbox"/> Hibiscus | <input type="checkbox"/> Passionfruit |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Lavender | <input type="checkbox"/> Peppermint |
| <input type="checkbox"/> Dandelion | <input type="checkbox"/> Lemon Balm | <input type="checkbox"/> Rooibos |
| <input type="checkbox"/> Echinacea | <input type="checkbox"/> Matcha | <input type="checkbox"/> Valerian Root |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Moringa | |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> Milk Thistle | |

Healthy Fats

Minimally refined, cold-pressed, preferably organic, in a dark glass bottle

Daily Goal: Increase slowly as tolerated to achieve mild ketosis

Unsaturated Oils

- | | |
|--|--|
| <input type="checkbox"/> Algal Oil | <input type="checkbox"/> Olive Oil, Extra Virgin |
| <input type="checkbox"/> Avocado Oil | <input type="checkbox"/> Perilla Oil |
| <input type="checkbox"/> Flaxseed Oil | <input type="checkbox"/> Sesame Oil |
| <input type="checkbox"/> Hemp Seed Oil | <input type="checkbox"/> Walnut Oil |
| <input type="checkbox"/> Macadamia Oil | |

Saturated Fats

- | | | |
|---|----------------------------------|---|
| <input type="checkbox"/> Butter 🌱🌱🌱 | <input type="checkbox"/> Ghee 🌱🌱 | <input type="checkbox"/> Red Palm Oil 🌱 |
| <input type="checkbox"/> Cacao Butter 🌱 | <input type="checkbox"/> Lard 🌱🌱 | |
| <input type="checkbox"/> Coconut Oil 🌱 | <input type="checkbox"/> MCT 🌱 | |

Non-Dairy Milks

Preferably USDA organic; avoid added sweeteners, oils, emulsifiers such as carrageenan

Daily Goal: One serving or less per day

- | | | |
|------------------------------------|--------------------------------------|-----------------------------------|
| <input type="checkbox"/> Almond 🌱 | <input type="checkbox"/> Hazelnut ☹️ | <input type="checkbox"/> Soy 🌱🌱☹️ |
| <input type="checkbox"/> Cashew 🌱 | <input type="checkbox"/> Hemp Seed 🌱 | <input type="checkbox"/> Walnut |
| <input type="checkbox"/> Coconut 🌱 | <input type="checkbox"/> Macadamia | |
| <input type="checkbox"/> Flax | <input type="checkbox"/> Pecan | |

Prebiotic Fiber

Daily Goal: Increase slowly to reach the goal of 1+ cup (will overlap with non-starchy veggies goal).

- Artichoke 🌱
- Asparagus 🌱
- Cabbage 🌱
- Dandelion Green 🌱
- Garlic 🌱
- Jicama 🌱
- Jerusalem Artichoke (Sunchoke) 🌱
- Leek 🌱
- Mushroom 🌱
- Onion 🌱
- Scallion 🌱
- Shallot 🌱
- Yacon Root 🌱

Probiotics

Look for “live & active cultures”; usually refrigerated; shelf-stable products must state live cultures; avoid vinegar-based products

Daily Goal: 1–2 Tbsp daily as tolerated; limit ½ cup/day

- Assorted Fermented Vegetables
- Brined Olive
- Buttermilk 🥛
- Dairy Yogurt or Kefir 🥛
- Kimchi
- Kombucha
- Kvass
- Miso 🍷
- Natto 🍷
- Non-Dairy Yogurt or Kefir (from Coconuts)
- Non-Dairy Yogurt or Kefir (from Almonds & Cashews) 🍷
- Pickle (Bubbies)
- Sauerkraut (Bubbies)
- Tempeh 🍷

Animal Protein Recommendations:

3-4oz, 2-2½ servings daily. See Chap 6 of the Nutrition Guidelines for more specific recommendations

Seafood

Wild-caught (unless not indicated below); low mercury; source as far away from industrial pollution as possible; Pacific/Alaskan is safer than Atlantic

Daily Goal: Prioritize seafood for DHA (3-4 days/week), follow animal protein recommendations

Fish

- Anchovy
- Cod 🐟
- Herring 🐟
- Mackerel 🐟
- Pollack 🐟
- Salmon 🐟 N-ASC
- Sardine
- Sole (Flounder) 🐟

Shellfish, Crustacean & Mollusks

- Clam 🐟
- Crab
- Mussel
- Oyster
- Scallop
- Shrimp 🐟

Resistant Starches

Preferably USDA organic; if using canned legumes choose BPA/BPS-free, pressure-cooked (to reduce lectins), such as Eden’s Organics.

Daily Goal: 1/4 cup per serving, limit 1-2 servings, paying attention to glycemic response, type 1.5 should initially avoid while working on healing.

- Buckwheat (Cooked) 🌱
- Cassava/Yucca (Cooked & Cooled) 🍷
- Green Banana (Unripe, Raw) 🌱
- Green Plantain (Unripe, Raw or Cooked) 🌱
- Legumes (Cooked) 🍷
- Purple/Colored Potatoes (Cooked & Cooled) 🍷
- Sorghum (Cooked)
- Sweet Potato (Cooked) 🍷
- Taro Root (Cooked & Cooled) 🍷
- True Yam (Cooked & Cooled)
- Wild Rice (Cooked & Cooled)
- Chickpeas, Fava Beans, Great Northern Beans, Kidney Beans, Lentils, Lima Beans, Mung Beans, Navy Beans, Pinto Beans

Eggs & Poultry

As close to 100% pastured as possible; preferably fed little to no grains

Daily Goal: Prioritize pastured eggs for choline (3-4 times per week); source poultry that is fed few grains, follow animal protein recommendations

- Egg 🌱
- Chicken 🌱
- Duck 🌱
- Goose 🌱
- Turkey 🌱

Meat

100% pastured

Daily Goal: Source 100% grass-fed and finished, follow animal protein recommendations

- Beef 🍷
- Bison 🌱
- Lamb 🍷
- Organ Meats 🍷
- Pork 🍷

Bone Broth

100% pastured

Daily Goal: Use every other day (3–4 times/week) as tolerated, follow animal protein recommendations.

- Bone Broth 🌱

High Plant Protein

Preferably USDA organic.

Daily Goal: No need to limit plants, for fear of exceeding protein restrictions

- Almonds 🌱
- Black Beans RS 🌱
- Chia Seeds 🌱
- Chickpeas RS 🌱
- Edamame 🌱 🌱 🌱
- Flax Seeds
- Hemp Seeds 🌱 🌱
- Hemp Tofu 🌱 🌱
- Kidney Beans RS 🌱
- Lentils RS 🌱
- Lupini Beans RS 🌱
- Natto Pro 🌱 🌱 🌱 🌱
- Pistachios
- Pumpkin Seeds 🌱
- Sacha Inchi Seeds 🌱 🌱
- Sesame Seeds
- Soybeans (Mature) RS 🌱 🌱 🌱 🌱
- Tempeh 🌱 🌱 🌱 🌱
- Tofu (firm) 🌱 🌱 🌱
- Walnuts

Approved Sweeteners

Pure, few ingredients, preferably USDA organic

Daily Goal: Only use if needed, small amounts (honey & maple syrup reserved for those who are insulin sensitive)

- Allulose
 - RxSugar
- Honey (local, sustainably harvested)
- Maple Syrup (Grade B)
- Monk Fruit
 - Pure Monk
- Stevia
 - SweetLeaf



Fruit

Unsweetened, preferably USDA organic

Daily Goal: Low glycemic fruit used seasonally, ½ cup wild berries daily heeding glycemic response, type 1.5 should initially avoid while working on healing; everyone can use lemons & limes freely year round

- Apple (tart, in season) 🌱
- Apricot
- Bilberry
- Blackberry 🌱
- Blackcurrant
- Blueberry 🌱
- Cherry (tart) 🌱
- Coconut 🌱
- Cranberry
- Grapefruit
- Green Banana RS
- Green Plantain RS
- Green Mango
- Green Papaya 🌱
- Kiwi (unripe)
- Lemon
- Lime
- Mulberry
- Passion Fruit
- Pear 🌱
- Persimmon
- Pomegranate
- Raspberry
- Strawberry 🌱

A2 Dairy

100% grass-fed (goats and sheep are always grass-fed)

Daily Goal: Use sparingly if not lactose intolerant

- Butter 🌱 🌱
- Cheese 🌱 🌱
- Kefir 🌱 🌱 Pro
- Milk 🌱 🌱
- Yogurt 🌱 🌱 Pro

Cocoa Flavanols

High in flavanols (>85% cocoa flavanols), low in sugar, cadmium, & lead.

Daily Goal: Enjoy a square (or two) of approved dark chocolate daily, limit cocoa and cocoa powder to a 1 tbs serving, limit several times per week

- Cocoa & Cacao Powder
 - Ghirardelli 100% Cocoa Unsweetened Cocoa Powder (2026)
 - Guittard Cocoa Rouge Cocoa Powder Unsweetened (2026)
 - Good & Gather Unsweetened Cocoa Powder (2026)
 - Navita's Organics Unsweetened Cacao Powder (2026)
- Dark Chocolate
 - Baker's Unsweetened 100% Cacao (2026)
 - Endangered Species Chocolate Extreme Dark 88% Cacao (2025)
 - Ghirardelli Intense Dark 86% Cacao Dark Chocolate (2026)
 - Lilly's Extra Dark Chocolate Style Bar (2026)

Packaged Foods

Daily Goal: Should be minimized or avoided, limit to an occasional treat

Bread, Tortillas & Wraps

- Base Culture Keto Bread
- NUCO Coconut Wraps
- Siete Grain-Free Tortillas

Chopped Tomatoes & Sauces

- Lucini Italia Organic Sauce, Roasted Garlic Marinara
- Pomi Organic Chopped Tomatoes (in tetra pak)
- Primal Kitchen No-Dairy Vodka Sauce
- Primal Kitchen Roasted Garlic Marinara
- Primal Kitchen Tomato Basil Marinara

Crackers & Chips

- Flacker's Cracker
- Hu Kitchen Everything Crackers
- Hu Kitchen Sea Salt Crackers
- Julian Bakery Paleo Thin Salts & Pepper Crackers
- Top Seedz (any variety)

Nut Cheeses, Butters & Dairy-Free Spreads

- Artisana Organics Raw Almond Butter
- Hope Foods Hummus
- Kite Hill Cheese Spreads
- Miyoko's Kitchen Fresh Vegan Mozz
- Miyoko's Creamer Cashew Cheese Wheels
- Miyomo's Vegan Roadhouse Cheese Spreads
- Nuttzo
- Spero Sunflower Cream Cheese
- Spero The Herb Plant Based Cream Cheese

Other Sauces

- Chosen Foods Classic Mayo
- Primal Kitchen Avocado Lime
- Primal Kitchen Buffalo Ranch
- Primal Kitchen Hot Buffalo
- Primal Kitchen Mayo (all flavors)
- Primal Kitchen No Dairy Alfredo Sauce
- Primal Kitchen No Dairy Classic Gravy
- Primal Kitchen No Dairy Mushroom Gravy
- Primal Kitchen No Dairy Queso Style Plant-Based Dip
- Primal Kitchen No Dairy Spicy Queso
- Primal Kitchen Pizza Sauce
- Primal Kitchen Ranch Dip
- Primal Kitchen Special Sauce
- Primal Kitchen Tartar Sauce
- RxSugar Organic Pancake Syrup
- Wholesome Yum Zero Sugar Maple Syrup

Pasta Alternatives

- Almond Flour**
 - Capello's Spaghetti
 - Capello's Fettuccine
- Hearts of Palm**
 - Palmini
 - Natural Heaven
- Kohlrabi**
 - Trader Joe's Kohlrabi Vegetable Pasta
- Konjac**
 - Miracle Noodles
 - Better Than Pasta

Salad Dressings

- Primal Kitchen Balsamic Vinaigrette & Marinade
- Primal Kitchen Caesar Dressing
- Primal Kitchen Green Goddess Dressing
- Primal Kitchen Italian Vinaigrette & Marinade
- Primal Kitchen No-Dairy Ranch Dressing & Marinade

Miscellaneous Ingredients

Daily Goal: As needed, limit resistant starches and higher glycemic vinegars, heeding glycemic response; and nut flours, heeding omega 3:6 ratio

Alternative Flours

- Cassava Flour** RS
- Coconut Flour** 🍌
- Chickpea Flour**
- Lupin Flour** RS
- Nut Flours**
 - Almond Flour 🍌 🍷
 - Hazelnut Flour
 - Pecan Flour
 - Walnut Flour
- Tartary Buckwheat Flour** RS 🍌
- Tiger Nut Flour** RS

Vinegars

- Apple Cider**
- Balsamic**
- Fruit Inflused**

Sea Salts

- Celtic**
- Colima**
- Himalayan**

Thickening Agents

- Arrowroot**
- Coconut Flour** 🍌
- Gelatin** 🌿
- Konjac Root Powder** RS
- Potato Starch** RS
- Tapioca Starch** RS

Mustards

- Dijon**
- Whole Grain**

Others

- Coconut Aminos**
- Miso Paste** Pro 🍷 🍌 🍌
- Nutritional Yeast**
- Tahini**
- Tamari** 🍷 🍌
- Wasabi Paste**
- Vinilla Extract**