

KetoFLEX 12/3 Grocery List

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

🌱 Must be USDA Organic

🥛 Inflammatory Dairy

🔥 High Saturated Fats

🌱 Complete Plant Protein

🐟 Wild-Caught

🌿 100% Pastured

N-ASC Norwegian Aquaculture Stewardship Council

🌿 Leafy

🌱 Cruciferous

🔥 High Lectins

🔴 High Oxalates

Pre Prebiotic

Pro Probiotic

RS Resistant Starch

🌟 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.

- Acorn Squash**
- Artichoke** Pre
- Artichoke Heart** Pre
- Arugula** 🌿 🌱
- Asparagus** Pre
- Avocado**
- Bamboo Shoot**
- Beet Green** 🌿 🔴
- Beet (Uncooked)** 🔴
- Beet (Cooked)** 🔴
- Broccoli** 🌱
- Broccolini** 🌱
- Brussels Sprout** 🌱
- Burdock Root** Pre
- Butternut Squash**
- Cabbage** Pre
 - Bok Choy 🌿 🌱
 - Chinese 🌿 🌱
 - Green 🌿 🌱
 - Napa 🌿 🌱
 - Red 🌿 🌱
 - Savoy 🌿 🌱
- Caper**
- Carrot (Uncooked)**
- Carrot (Cooked)**

- Cassava Root (Tapioca)** RS
- Cauliflower** 🌱
- Celery**
- Celery Root (Celeriac)**
- Chicory** Pre
 - Endive 🌿
 - Escarole 🌿
 - Frisée 🌿
 - Radicchio 🌿
- Collard Green** 🌿 🌱
- Cucumber**
- Dandelion Green** 🌿 🔴
- Delicata Squash**
- Edamame** 🌱 🥛 🔥 🔥
- Eggplant**
- Fennel**
- Garlic** Pre
- Green Bean** 🔥
- Heart of Palm**
- Horseradish** 🌱
- Jicama** Pre
- Kale** 🌿 🌱
- Kohlrabi** 🌱
- Konjac Root (Elephant Yam)** Pre

- Leek** Pre
- Lettuce**
 - Butter (Boston, Bib) 🌿
 - Leaf (Red, Green, Oak) 🌿
 - Mesculin (Young Blend) 🌿
 - Romaine (Red, Green) 🌿
- Mushroom**
 - Button Pre
 - Chantarelle Pre
 - Cremini Pre
 - Lion's Mane
 - Oyster Pre
 - Porcini Pre
 - Portobello Pre
 - Reishi Pre
 - Shiitaki Pre
- Mustard Green** 🌿 🌱
- Okra**
- Olive**
- Onion** Pre
- Parsnip** RS
- Pea**
 - Green 🔥
 - Snap 🔥
 - Snow 🔥
- Pepper**
- Potato (Colored, Sweet)** RS 🔥
- Pumpkin**
- Purslane** 🌿 🔥
- Radish** 🌱
- Rapini (Broccoli Rabe)** 🌱
- Rhubarb** 🔴
- Rutabaga** RS
- Scallion** Pre
- Sea Vegetable**
- Shallot** Pre
- Spaghetti Squash**
- Spinach** 🌿 🌱 🔴
- Sprout**
 - Alfalfa
 - Broccoli 🌱
 - Mung Bean
- Sunchoke (Jerusalem Artichokes)** Pre
- Swiss Chard** 🌿 🔴
- Taro Root** RS
- Tomato**
- Tomatillo**
- Turnip** 🌱 RS
- Turnip Green** 🌿 🌱
- Watercress** 🌿 🌱
- Water Chestnut**
- Yam** RS
- Yellow Squash**
- Yucca** RS
- 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) 🌱🌱
(Adzuki Beans, Black Beans, Black Soybeans, Cannellini Beans, Chickpeas, Fava Beans, Great Northern Beans, Kidney Beans, Lentils, Lima Beans, Mung Beans, Navy Beans, Pinto Beans)
- Purple/Colored Potatoes (Cooked & Cooled) 🌱
- Sorghum (Cooked)
- Sweet Potato (Cooked) 🌱
- Taro Root (Cooked & Cooled) 🌱
- True Yam (Cooked & Cooled)
- Wild Rice (Cooked & Cooled)

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

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

Thickening Agents

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

Vinegars

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

Sea Salts

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

Mustards

- Dijon**
- Whole Grain**

Others

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