

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

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, combination of raw and 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**
 - 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 RS
- ☐ **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
 - 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** Pre
- ☐ **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** 🌿 🥬
- ☐ **Yam** RS
- ☐ **Yellow Squash** 🩸
- ☐ **Yucca** RS
- ☐ **Zucchini** 🩸



Note On Prebiotic Fiber:

Found in most plant foods; preferably USDA organic. Use as tolerated; increasing the amount slowly.

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 | <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Pepper | <input type="checkbox"/> Maca | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Marjoram | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Mint | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Chive | <input type="checkbox"/> Mustard | <input type="checkbox"/> Vanilla |
| <input type="checkbox"/> Cilantro | <input type="checkbox"/> (Ground) | <input type="checkbox"/> Wasabi |
| <input type="checkbox"/> Coriander | <input type="checkbox"/> Oregano | |

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 RS |
| <input type="checkbox"/> Cashew RS 🌿 🍯 | <input type="checkbox"/> Pumpkin Seed 🌿 |
| <input type="checkbox"/> Chestnut RS | <input type="checkbox"/> Sacha Inchi Seed 🌿 🍯 |
| <input type="checkbox"/> Chia Seed 🌿 🍯 | <input type="checkbox"/> Sunflower Seed 🌿 |
| <input type="checkbox"/> Flax Seed Pre | <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 | |

Probiotics

Look for live cultures; usually refrigerated, unless they contain spores (indicated on the label); if pasteurized (like yogurt & kefir), should have the live active culture seal (LAC) seal; avoid vinegar

Daily Goal: 2 tbs to ½ cup/day, as tolerated

- ☐ 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 🍷 🌱 🍷

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 per week), heeding animal protein restrictions

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. Resistant starches are listed through this guide and marked as RS.

Daily Goal: 1/8-1/2 cup per day, paying attention to glycemic response, type 1.5, 3 & 4 may have to heal before adding to diet

- ☐ Buckwheat 🌱 🍷
- ☐ Legume (bean & lentil) 🍷
 - Navy Bean 🍷
- ☐ Millet
- ☐ Quinoa 🌱 🍷 🍷
- ☐ Sorghum
- ☐ Teff 🍷
- ☐ Tiger Nut
- ☐ Yucca

Eggs & Poultry

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

Daily Goal: Prioritize pastured eggs for choline (3-4x per week); limit poultry as 100% pastured is difficult to source; heeding animal protein restrictions

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

Meat

100% pastured

Daily Goal: Enjoy occasionally, heeding animal protein restrictions

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

Bone Broth

100% pastured

Daily Goal: Use 3-4x per week as tolerated; heeding animal protein restrictions

- ☐ Bone Broth 🌱

High Plant Protein

Preferably USDA organic; listed in order of protein content

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

- | | |
|--|--|
| <input type="checkbox"/> Textured Vegetable Protein 🌱 🌱 🌱 🌱 | <input type="checkbox"/> Miso Pro 🌱 🌱 🌱 |
| <input type="checkbox"/> Hemp Powder 🌱 | <input type="checkbox"/> Buckwheat RS 🌱 🌱 |
| <input type="checkbox"/> Sacha Inchi Seed 🌱 🌱 | <input type="checkbox"/> Edamame 🌱 🌱 🌱 🌱 |
| <input type="checkbox"/> Hemp Heart 🌱 | <input type="checkbox"/> Lentil RS 🌱 |
| <input type="checkbox"/> Tempeh Pro 🌱 🌱 🌱 | <input type="checkbox"/> Bean RS 🌱 |
| <input type="checkbox"/> Pumpkin Seeds 🌱 | • Navy Bean 🌱 |
| <input type="checkbox"/> Almond 🌱 🌱 | <input type="checkbox"/> Mung Bean RS 🌱 |
| <input type="checkbox"/> Almond Butter 🌱 🌱 | <input type="checkbox"/> Green Pea 🌱 |
| <input type="checkbox"/> Pistachio RS | <input type="checkbox"/> Quinoa RS 🌱 🌱 🌱 |
| <input type="checkbox"/> Natto Pro 🌱 🌱 🌱 | <input type="checkbox"/> Alfalfa Sprout |
| <input type="checkbox"/> Chia Seed 🌱 🌱 | <input type="checkbox"/> Wild Rice RS |
| <input type="checkbox"/> Walnut | <input type="checkbox"/> Amaranth 🌱 |
| <input type="checkbox"/> Hemp Tofu 🌱 | <input type="checkbox"/> Teff RS 🌱 |
| <input type="checkbox"/> Tofu 🌱 🌱 🌱 🌱 | <input type="checkbox"/> Bean Sprout RS |
| | <input type="checkbox"/> Spinach 🌱 🌱 🌱 🌱 |

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)

- | | | |
|--|---|--|
| <input type="checkbox"/> Allulose | <input type="checkbox"/> Maple Syrup | <input type="checkbox"/> Stevia |
| • RxSugar | (Grade B) | • SweetLeaf |
| <input type="checkbox"/> Honey (local, sustainably harvested) | <input type="checkbox"/> Monk Fruit | |
| | • Pure Monk | |

A2 Dairy

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

Daily Goal: Use sparingly if not lactose intolerant

- | | | |
|--|---|--|
| <input type="checkbox"/> Butter 🌱 🌱 | <input type="checkbox"/> Kefir 🌱 🌱 Pro | <input type="checkbox"/> Yogurt 🌱 🌱 Pro |
| <input type="checkbox"/> Cheese 🌱 🌱 | <input type="checkbox"/> Milk 🌱 🌱 | |

Fruit

Unsweetened, preferably USDA organic

Daily Goal: Low glycemic fruit used seasonally, ½ cup wild berries daily heeding glycemic response; lemons & limes use freely year round

- | | |
|---|---|
| <input type="checkbox"/> Apple (tart, in season) 🌱 | <input type="checkbox"/> Green Mango RS |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Green Papaya 🌱 RS |
| <input type="checkbox"/> Bilberry | <input type="checkbox"/> Kiwi (unripe) |
| <input type="checkbox"/> Blackberry 🌱 | <input type="checkbox"/> Lemon |
| <input type="checkbox"/> Blackcurrant | <input type="checkbox"/> Lime |
| <input type="checkbox"/> Blueberry 🌱 | <input type="checkbox"/> Mulberry |
| <input type="checkbox"/> Cherry (tart) 🌱 | <input type="checkbox"/> Passion Fruit |
| <input type="checkbox"/> Coconut 🌱 | <input type="checkbox"/> Pear 🌱 |
| <input type="checkbox"/> Cranberry | <input type="checkbox"/> Persimmon Pre RS |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Pomegranate Pre |
| <input type="checkbox"/> Green Banana Pre RS | <input type="checkbox"/> Raspberry 🌱 |
| <input type="checkbox"/> Green Plantain RS | <input type="checkbox"/> Strawberry 🌱 |

Cocoa Flavanols

High in flavanols (>85% cacao flavanols), low in sugar, cadmium, & lead. Use most recent data to guide choices.

Daily Goal: Enjoy a square (or two) of approved dark chocolate daily, limit cocoa nibs and cocoa powder to an occasional 1 tbs serving

- | |
|--|
| <input type="checkbox"/> Cocoa Powder 🌱 |
| • Valrhona Cocoa Powder 100% (2025) |
| • Ghirardelli Chocolate Premium Baking Cocoa 100% (2025) |
| • Good & Gather Unsweetened Cocoa Powder 100% (2025) |
| <input type="checkbox"/> Dark Chocolate 🌱 |
| • Endangered Species Strong + Velvety 88% (2025) |
| • Ghirardelli Chocolate Intense Dark Midnight Reverie 86% (2022) |
| • Chocolove Extreme Dark Chocolate 88% (2022) |
| • Montezuma's Absolute Black 100% (2025) |



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 Infused**

Sea Salts

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

Others

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

Thickening Agents

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

Mustards

- ☐ **Dijon**
- ☐ **Whole Grain**