

# 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

🌿 Leafy

🌱 Cruciferous

🩸 High Lectins

Pre Prebiotic

Pro Probiotic

RS Resistant Starch

🩸 High Oxalates

## 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"/> Cayenne 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       | (Ground)                                | <input type="checkbox"/> Wasabi   |
| <input type="checkbox"/> Coriander      | <input type="checkbox"/> Oregano        |                                   |

## Coffees

USDA organic and mild-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 (Sourced far away from industrial pollution; Pacific/Alaskan is safer than Atlantic) 🐟
- ☐ 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 🌱 🌱
- ☐ Liver & Other 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"/> <b>Textured Vegetable Protein</b> 🌱 🌱 🌱 🌱 | <input type="checkbox"/> <b>Miso</b> Pro 🌱 🌱 🌱   |
| <input type="checkbox"/> <b>Hemp Powder</b> 🌱                      | <input type="checkbox"/> <b>Buckwheat</b> RS 🌱 🌱 |
| <input type="checkbox"/> <b>Sacha Inchi Seed</b> 🌱 🌱               | <input type="checkbox"/> <b>Edamame</b> 🌱 🌱 🌱 🌱  |
| <input type="checkbox"/> <b>Hemp Heart</b> 🌱                       | <input type="checkbox"/> <b>Lentil</b> RS 🌱      |
| <input type="checkbox"/> <b>Tempeh</b> Pro 🌱 🌱 🌱                   | <input type="checkbox"/> <b>Bean</b> RS 🌱        |
| <input type="checkbox"/> <b>Pumpkin Seeds</b> 🌱                    | • <b>Navy Bean</b> 🌱                             |
| <input type="checkbox"/> <b>Almond</b> 🌱 🌱                         | <input type="checkbox"/> <b>Mung Bean</b> RS 🌱   |
| <input type="checkbox"/> <b>Almond Butter</b> 🌱 🌱                  | <input type="checkbox"/> <b>Green Pea</b> 🌱      |
| <input type="checkbox"/> <b>Pistachio</b> RS                       | <input type="checkbox"/> <b>Quinoa</b> RS 🌱 🌱 🌱  |
| <input type="checkbox"/> <b>Natto</b> Pro 🌱 🌱 🌱                    | <input type="checkbox"/> <b>Alfalfa Sprout</b>   |
| <input type="checkbox"/> <b>Chia Seed</b> 🌱 🌱                      | <input type="checkbox"/> <b>Wild Rice</b> RS     |
| <input type="checkbox"/> <b>Walnut</b>                             | <input type="checkbox"/> <b>Amaranth</b> 🌱       |
| <input type="checkbox"/> <b>Hemp Tofu</b> 🌱                        | <input type="checkbox"/> <b>Teff</b> RS 🌱        |
| <input type="checkbox"/> <b>Tofu</b> 🌱 🌱 🌱 🌱                       | <input type="checkbox"/> <b>Bean Sprout</b> RS   |
|  | <input type="checkbox"/> <b>Spinach</b> 🌱 🌱 🌱 🌱  |

## 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"/> <b>Allulose</b>                             | <input type="checkbox"/> <b>Maple Syrup</b> | <input type="checkbox"/> <b>Stevia</b> |
| • RxSugar  | (Grade B)                                   | • SweetLeaf                            |
| <input type="checkbox"/> <b>Honey</b> (local, sustainably harvested) | <input type="checkbox"/> <b>Monk Fruit</b>  |  |
|  | • 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"/> <b>Butter</b> 🌱 🌱 | <input type="checkbox"/> <b>Kefir</b> 🌱 🌱 Pro | <input type="checkbox"/> <b>Yogurt</b> 🌱 🌱 Pro |
| <input type="checkbox"/> <b>Cheese</b> 🌱 🌱 | <input type="checkbox"/> <b>Milk</b> 🌱 🌱      |  |

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

## Cocoa Flavanols

High in flavanols (>85%), 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"/> <b>Cocoa Powder</b> 🌱                   |
| • Valrhona Cocoa Powder 100% (2025)                              |
| • Ghirardelli Chocolate Premium Baking Cocoa 100% (2025)         |
| • Good & Gather Unsweetened Cocoa Powder 100% (2025)             |
| <input type="checkbox"/> <b>Dark Chocolate</b> 🌱                 |
| • Endangered Species Strong + Velvety 88% (2025)                 |
| • Ghirardelli Chocolate Intense Dark Midnight Reverie 86% (2022) |
| • Chocolive Extreme Dark Chocolate 88% (2022)                    |
| • Montezuma's Absolute Black 100% (2025)                         |

## Alcohol

Dry red wine, free from sugar, mycotoxins, sulfites and chemical additives, preferably organic and low alcohol

**Daily Goal:** Best avoided by those with cognitive decline, ApoE4, or dependency issues; others can enjoy several oz occasionally

- |  |
|--|
| <input type="checkbox"/> <b>Dry Red Wine</b> |
| • Dry Farm Wines                             |

## 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

## 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**