



PROGRAM GUIDE

SHOPPING LIST

Bring this list to the grocery store and buy your favorites.

Find more great **KEYTO** foods with our **KEYTO FOOD SEARCH** by downloading our app at: **GETKEYTO.COM**

PROTEIN | Plant and fish based sources are the best. Poultry is great. Avoid processed items.

FISH

- + Salmon
- + Halibut
- + Cod
- + Trout
- + Tuna
- + Tilapia
- + Other fish

SHELLFISH

- + Shrimp
- + Scallops
- + Shellfish
- + Seafood (other)

PLANT BASED

- + Tofu
- + Portobello mushrooms
- + Button mushrooms
- + Other plant based proteins

POULTRY

- + Chicken Thighs
- + Chicken Breast
- + Chicken (whole)
- + Chicken sausage
- + Turkey
- + Eggs

VEGETABLES | All veggies that grow above ground are great. Avoid starchy veggies (POTATOES, SWEET POTATOES, CORN).

- + Broccoli
- + Cauliflower
- + Brussels sprouts
- + Asparagus
- + Cucumbers
- + Celery

- + Lettuce
- + Spinach
- + Kale
- + Mustard greens
- + Collard greens
- + Cabbage

- + Zucchini
- + Mushrooms
- + Green beans
- + Bell peppers
- + Bok choy
- + Napa cabbage

HIGHER IN CARBS (USE IN MODERATION)

- + Garlic
- + Onion
- + Tomatoes
- + Carrots
- + Snap peas

FRUIT | Stick with berries and avocado, the best fruit.

- + Avocado
- + Blueberries

- + Strawberries
- + Raspberries

- + Blackberries

FATS | Items on this list are the best healthy fats. Fit for snacks, cooking, sides, and on top of entrées.

OILS

- + Olive oil
- + Avocado oil
- + Coconut oil
- + Coconut cream
- + MCT oil
- + Other oils

NUTS

- + Almonds
- + Macadamia nuts
- + Walnuts
- + Pistachios
- + Pecans
- + Other nuts

CHEESE

- + Parmesan
- + Romano
- + Cheddar
- + Swiss
- + Colby
- + Other hard cheeses

GOOD IN MODERATION

- + Butter
- + Heavy cream
- + Sour cream
- + Cream cheese
- + Mayonnaise
- + Mozzarella
- + Beef & pork products

OTHER ESSENTIALS | These are other foods that are awesome for **KEYTO**.

HERBS AND SPICES

- + Salt and pepper
- + Herbs (dry and fresh)
- + Vinegar (no sugar)
- + Sauces (no sugar)
- + Ketchup (low carb)
- + Soy Sauce (low carb)
- + Sweeteners (stevia, allulose, monkfruit, erythritol)

SNACKS

- + Olives
- + Nut butters (no sugar)
- + Cheese crisps
- + Smoked salmon
- + Deli meat (unprocessed)
- + Jerky (no sugar)
- + Pickles
- + Low sugar bars
- + Low sugar cereal

DRINKS

- + Coffee
- + Tea
- + Broth
- + Bouillon cubes
- + Sparkling water

ALCOHOL

- + Red wine
- + White wine
- + Sparkling wine
- + Vodka
- + Whiskey
- + Tequila
- + Other spirits