

Healthy Fats

Almonds
Almond butter
Almond oil
Avocado
Avocado oil
Beef tallow
Blue Cheese
Brazil nuts
Butter
Cheese
Chia seeds
Chicken fat
coconut
Coconut cream
Coconut milk, unsweetened
Cream cheese
Dark chocolate, 80% or higher
Fish oil (I prefer fermented cod liver oil)
Ghee
Greek yogurt, full fat
Heavy whipping cream
Lard
Macadamia nuts
Macadamia nut oil
Mayonnaise, no sugar
Olive oil
Pecans
Pistachios
Sour cream
Sunflower seeds
Walnuts

Baking Supplies:

Almond Flour
Coconut Flour
Flax, ground
Cocoa powder, unsweetened
Baking powder, aluminum free
Vanilla extract
Psyllium Flakes

Fruits:

Berries

Sweeteners:

Erythritol
Xylitol
Pure stevia powder
Pure stevia drops
Monk fruit

Vegetables

Arugula
Artichokes
Asparagus
Blackberries
Blueberries
Bok choy
Broccoli
Brussels sprouts
Cabbage
Cauliflower
Celery
Cranberries
Cucumbers
Eggplant
Garlic
Green beans
Jicama
Kale
Leeks
Lemon
Lettuce
Mushrooms
Okra
onions
Parsley
peppers
Pumpkin
Radicchio
Radishes
Raspberries
Rhubarb
Scallions
SHallots
Snow Peas
Spaghetti Squash
Tomatoes
Watercress
Zucchini

Meats

Bacon (look for no nitrites)
Beef - ground, steak, roast or ribs)
Bratwurst
Chicken (skin on is great, dark meat is best)
Duck
Eggs (Pastured eggs are best)
Fish (Salmon, tuna, flounder and others but avoid Tilapia)
Ham
Kielbasa
pepperoni
Pork chops
Pork ribs
Pork rinds
Salami
Sausage

Spices

Basil
Cilantro
Cinnamon
Cumin
Cayenne
Parsley
Turmeric
Rosemary
Sage
Thyme
Garlic

Condiments

No sugar added ketchup
Mayo, no sugar
Mustard
Coconut Aminos
Fish Sauce
Sriracha, no sugar added
Horseradish
Salsa, no sugar