

KETO GROCERY GUIDE

PRODUCE

- Asparagus
- Avocados
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Cucumbers
- Green Beans
- Lettuce
- LEAFY GREENS: Spinach, Kale
- Olives
- Peppers
- BERRIES: Blackberries, Strawberries, Raspberries
- MELON: Cantaloupe, Watermelon
- Lemon
- Lime
- Tomatoes
- Zucchini
- FRESH HERBS: Basil, Cilantro, Mint, Parsley

DAIRY

- Unsweetened Yogurt and Kefir
- Milk and Cream
- Butter
- UNSWEETENED MILK ALTERNATIVES: Almond, Cashew, Soy, Coconut
- Whole Eggs
- Cheese
- Cottage Cheese
- Sour Cream

MEAT & SEAFOOD

- Beef
- Bison
- Deli Meat
- Lamb
- Pork
- Bacon
- Chicken
- Turkey
- FISH: Cod, Haddock, Halibut, Mackerel, Salmon, Sardines, Sea Bass, Snapper, Swordfish, Trout, Tuna
- SHELLFISH: Crab, Lobster, Mussels, Scallops, Shrimp

FROZEN FOODS

- Frozen Meat & Seafood
- Frozen Berries and Vegetables
- Frozen Entrees
- Riced Cauliflower
- Keto Frozen Waffles
- Sugar-Free Ice Cream
- Zucchini Spirals

GRAINS

- Keto Pancake and Waffle Mix
- Keto Cereal
- Keto Granola

BAKING

- Active Dry Yeast
- Arrowroot Powder
- Baking Soda / Powder
- Unsweetened Baking Chips
- Cocoa Powder
- Unsweetened Coconut Flakes
- Dark Chocolate (>75%)
- Ground Flax Seeds
- Vanilla Extract
- Tapioca Starch
- Xanthan Gum
- Keto-Friendly Baking Mixes
- FLOUR: Almond Flour, Coconut Flour
- SWEETENERS: Erythritol, Monk Fruit (with Erythritol) Stevia, Xylitol, Allulose, Raw Honey
- OILS: Avocado Oil and spray Coconut Oil, Ghee, Grape Seed Oil, MCT Oil, Olive Oil, Vegetable Oil

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CANNED/BOTTLED GOODS

- VINEGAR: Apple Cider, Balsamic, White, Red, Rice
- Bone broth
- Coconut Milk/ Cream
- Pickles, sugar free
- Olives
- NUT BUTTERS: Almond, Cashew, Peanut Butter
- Tuna and Salmon (canned)
- SAUCES & DRESSINGS: Coconut Aminos, Tahini, Hot Sauce, Salad Dressing (sugar free), Pesto, Alfredo Sauce
- CONDIMENTS: Barbeque Sauce (unsweetened), Ketchup (unsweetened), Mustard (Dijon, Yellow, etc.), Mayonnaise

SNACKS

- Guacamole
- Salsa
- Queso
- Jerky
- Nuts
- Pork Rings
- Seaweed
- Seeds
- Cheese Sticks
- Prosciutto Wrapped Mozzarella

BOOSTS

- Collagen Powder
- Protein Powder with MCT Oil

SEASONINGS & SPICES

- Nutritional Yeast
- Salt
- DRIED HERBS: Basil, Bay Leaves, Oregano, Rosemary, Thyme
- SPICES: Allspice, Black Pepper, Cayenne Pepper, Chili Powder, Ground Cinnamon, Ground Cumin, Curry, Garlic Powder, Paprika, Crushed Red Pepper, Turmeric
- SEASONINGS: Everything But The Bagel, Cajun Spice, Italian, Medi-terranean, Northern Lights, Island Breeze, Zing!, Everyday Seasoning

BULK FOODS

- NUTS: Almonds, Walnuts, Cashews, Pecans, Peanuts
- SEEDS: Chia Seeds, Hemp Seeds, Flax Seeds, Sesame Seeds, Pumpkin Seeds (Pepitas)

NOURISH ELEMENTS



CHOOSE REAL FOOD

Discover whole, pure foods to support a healthy lifestyle.



CREATE HARMONY

Take time to slow down, find balance and eat well.



ADD A BOOST

Support a healthy body with a boost of extra nutrients.



EXPAND YOUR PALATE

Explore a wide assortment of fresh and wholesome tastes.



EAT THE RAINBOW

Give your body the nutrients it needs by eating a colorful variety of foods.

LABELS TO LOOK FOR

