

# Week 1 Keto Food List

## MEATS

Ground Sausage

Bacon

Chicken Breast (or thighs)

Ground Beef (80/20)

Salmon (or your favorite fish)

Pork Roast

## DAIRY/EGGS

Eggs

Heavy Cream

Butter

Shredded cheese (Cheddar, Mozzarella, Parmesan,)

Sour Cream

Sliced cheese (your choice)

Cream Cheese

## PRODUCE

Green Peppers

Onions

Cauliflower

Broccoli

Cucumber

Tomatoes

Brussel sprouts

Mushrooms

Avocado (and pre-made guacamole)

Salad greens

Bibb or Romanian Lettuce Leaves

Bag of coleslaw cabbage

Zucchini (or Zucchini noodles)

Berries (your choice including blueberries if you choose the almond flour mug cake)

## **PANTRY**

Canned Tuna (oil-packed)

Olive oil

MCT oil (for bulletproof coffee)

Mayo (full fat version)

Ketchup (Sugar-free version)

Soy Sauce

Dill Pickle Relish

Minced Garlic

Chicken broth

Pasta sauce

Baking powder

Almond or Coconut flour (depending on which mug cake you choose)

Assorted salad dressings (High-fat ones like blue cheese or ranch and a vinaigrette)

Spices (Garlic powder, onion powder, Thyme, taco seasoning, ginger, red pepper flakes, cinnamon, vanilla extract)

Keto-friendly sweetener (Stevia, Swerve, Monkfruit, etc)