

Week 2 Keto Food List

This list does not include the optional desserts and snacks

MEATS

Ground Sausage
Bacon
Whole Rotisserie Chicken (pre-cooked)
Chicken Wings
Beef for stir-fry
Ground Beef (80/20) or Steak
Salmon (or your favorite fish)
Pot Roast
Pepperoni

DAIRY/EGGS

Eggs
Heavy Cream
Butter
Shredded cheese (Cheddar, Mozzarella, Parmesan,)
Sour Cream
Sliced cheese (your choice)
Cream Cheese
Unsweet Coconut Milk

PRODUCE

Green Peppers

Onions

Cauliflower (florets and grated/riced in bags or you can buy head to grate)

Broccoli

Cucumber

Tomatoes

Brussel sprouts

Mushrooms

Avocado (and pre-made guacamole if you're doing tacos)

Salad greens (spinach leaves or a combo)

Bibb or Romanian Lettuce Leaves

Bag of Broccoli Slaw

Head of Cabbage

Berries (your choice)

Green Beans (fresh, frozen, or canned)

PANTRY

Olive oil

MCT oil (for bulletproof coffee)

Mayo (full fat version)

Apple Cider Vinegar

Dijon Mustard

Low-carb Pizza Sauce

Minced Garlic

Almond Flour

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

Spices (Garlic powder, Pink Himalayan Salt, Pepper, Cayenne, Mint leaves for AIP smoothie)

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