

# Mark's Daily Apple Keto Shopping List

## Produce (or Frozen)

- Leafy greens:
  - spinach
  - arugula
  - swiss chard
  - romaine or red/green lettuces
  - purslane
  - dandelion greens
  - watercress
  - beet greens
  - endive
  - Bok choy
- Cruciferous veggies:
  - broccoli
  - cauliflower
  - cabbage (red and green)
  - kale
  - brussel sprouts
  - collard greens
- Avocados
- Mushrooms (all varieties)
- Zucchini
- Summer squash
- Asparagus
- Green Beans
- Fiddlehead ferns
- Broccolini
- Cucumbers
- Leeks
- Spaghetti squash
- Yellow onions

- White onions
- Green onions
- Okra
- Eggplant
- Artichokes
- Sprouts
- Lemons
- Limes
- Rhubarb
- Peppers
- Tomatoes
- Berries

## **Dairy (Prioritize pastured and organic varieties.)**

- Hard cheeses:
  - Emmental
  - cheddar
  - gouda
  - Swiss
  - parmesan
- Soft cheeses:
  - brie
  - feta
  - blue
  - queso
- Goat cheese
- Cream cheese
- Creme Fraise
- Full-fat cottage cheese
- Full-fat Greek or regular plain yogurt
- Heavy whipping cream
- Half & half
- Full-fat milk

# Meats/Fish/Eggs

## Seafood (wild-caught)

- Sardines
- Trout
- Salmon
- Bivalves (oysters, mussels, clams, scallops)
- Wild shrimp
- Halibut
- Flounder
- Cod
- Scallops
- Sole
- Tilapia
- Trout
- Mahi Mahi
- Bass
- Anchovies

## Meat/Poultry

- Chicken thighs, legs, wings
- Chicken breast
- Turkey legs
- Turkey breasts
- Ground turkey
- Duck thigh/breast
- Lamb (chops, steaks, ground)
- Ground beef (prioritize grass-fed, higher fat varieties)
- Marbled steaks and roasts (e.g. ribeye steak; prioritize grass-fed)
- Marbled roasts (e.g. chuck roast, bottom round roast; prioritize grass-fed)
- Organ meats (prioritize pastured and organic)
- Pastured pork

## **Cured Meats (nitrate-free and sugar-free)**

- Sausage
- Bacon
- Prosciutto
- Ham
- Beef jerky
- Salami

## **Eggs**

- Pasture-raised chicken eggs
- Duck eggs
- Quail eggs
- Goose eggs

## **Packaged Foods**

- Wild sardines
- Anchovies
- Canned herring
- Wild salmon
- Wild tuna
- Coconut manna (a.k.a. coconut butter)
- Cashew or almond butter (choose no-sugar, natural varieties)
- Macadamia nuts
- Brazil nuts
- Pecans
- Hazelnuts
- Salsa
- Broths
- Olives/pickles
- Fermented foods (preferably refrigerated) like sauerkraut

## **Healthy Fats and Oils**

- Butter (preferably pastured and organic)
- Ghee

- Coconut oil
- Lard (preferably pastured and organic)
- Tallow (preferably pastured and organic)
- Red palm oil (from sustainable sources)
- Avocado oil
- Extra virgin avocado
- Extra virgin olive oil (cold-pressed and dark bottled varieties)
- Duck fat
- Macadamia nut oil

## Herbs and Spices

- Sea salt or Himalayan pink salt
- Black pepper
- Cinnamon
- Turmeric
- Ginger
- Cayenne
- Cumin
- Cilantro
- Basil
- Thyme
- Sage
- Bay Leaf
- Oregano
- Dill
- Rosemary
- Parsley
- Chives
- Chili powder
- Saffron
- Cardamon
- Paprika

# Cooking/Baking Supplies

- Coconut flour
- Almond flour
- Hazelnut flour
- Shredded and/or shaved coconut
- Flax seeds
- Chia seeds
- Cocoa powder
- Stevia
- Monk fruit extract
- 90-100% dark chocolate

# Beverages

- Unsweetened nut milks (e.g. cashew milk, almond milk)
- Unsweetened full-fat coconut milk
- Low sugar kombucha/kvass
- Full-fat milk (prioritize grass-fed, organic)
- Tea
- Coffee
- Broths