

Mark's Daily Apple Keto Shopping List

(Consider these options only. Choose what you like from this list.)

Produce (or Frozen)

Leafy Greens:

- Spinach
- Arugula
- Swiss chard
- Romaine
- Red/green lettuces
- Purslane
- Dandelion greens
- Watercress
- Beet greens
- Endive
- Bok choy
- Arugula

Cruciferous Veggies:

- Broccoli
- Cauliflower
- Cabbage (red and green)
- Kale
- Brussels sprouts
- Collard greens

Other Vegetables:

- Mushrooms (all varieties)
- Zucchini
- Summer squash
- Asparagus
- Green Beans
- Fiddlehead ferns
- Broccolini
- Cucumbers
- Leeks
- Spaghetti squash
- Onions (red, white, yellow)
- Okra
- Eggplant
- Artichokes
- Sprouts
- Tomatoes
- Bell Peppers
- Hot Peppers
- Rhubarb

Lower Carb Fruits:

- Avocado
- Lemons
- Limes

- Blueberries
- Raspberries
- Strawberries
- Blackberries
- Apricots (fresh, not dried)

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 plain Greek or regular yogurt
- Heavy whipping cream
- Half & half

Meats/Fish/Eggs

Seafood:

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

Packaged Fish:

- Wild sardines
- Anchovies
- Canned herring
- Wild salmon
- Wild tuna

Meats & Poultry:

- Chicken (dark and white meat)
- Turkey
- Ground turkey
- Duck thigh/breast
- Lamb (chops, steaks, ground)
- Ground beef (preferably grass-fed)
- Beef (steaks/roasts—preferably grass-fed)
- Pork (chops/roasts—preferably pastured)
- Organ meats (pastured and organic)

Cured Meats (sugar-free):

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

Eggs:

- Chicken eggs (pastured and organic preferred)
- Duck eggs
- Quail eggs
- Goose eggs

Nuts and Nut Products

- Coconut manna (a.k.a. coconut butter)
- Cashew or almond butter (choose no-sugar, natural varieties)
- Macadamia nuts
- Brazil nuts
- Pecans
- Hazelnuts

Other Packaged Foods:

- Salsa
- Broths
- Olives
- Fermented foods (preferably refrigerated) like sauerkraut

Healthy Fats and Oils

- Butter (preferably pastured and organic)
- Ghee
- Avocado oil
- Extra virgin avocado oil (cold-pressed, dark bottled varieties)
- Extra virgin olive oil (cold-pressed, dark bottled varieties)
- Macadamia nut oil (for salad dressings/post-cooking)
- Coconut oil
- Lard (preferably pastured and organic)
- Tallow (preferably pastured and organic)
- Duck fat

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 (unsweetened)
- Flax seeds
- Chia seeds
- Cocoa powder
- Stevia
- Monk fruit extract
- 80-100% dark chocolate

Beverages

- Unsweetened nut milks (e.g. cashew milk, almond milk)
- Unsweetened full-fat coconut milk
- Tea (avoid prepared teas with added sweetener)
- Coffee (avoid coffee drinks or mixes with added sugar)
- Broths