

Foods you want to cut out:

Protein

- Peas (except for sugar snap and snow peas)
- chickpeas

veggies

- sweet potatoes
- butternut squash
- potatoes
- corn
- Beets

NUTS

- cashews

fruits (these fruits are high in sugar AND carbs)

- Dried fruit
- Cantaloupe
- Watermelon
- Apples
- Pears
- grapes
- Apricots
- mangos
- Peaches
- Plums
- cranberries
- Bananas
- Oranges
- pineapple
- cherries
- papaya

grains and seeds

- Quinoa
- Farro
- wheat
- oats
- Rye
- Any Rice
- popcorn
- pasta

Foods you want to cut out:

Legumes

- Lentils
- Beans

Oils and Spices

- Sunflower oil
- canola oil
- Margarine

Liquids

- Soda
- Fruit Juice

Sweets

- Sugar
- Honey

Keto Shopping list!

Just to start with!

Protein

- natural uncured bacon
- Fatty fish (Salmon /cod)
- Poultry (dark meat)
- Beef
- Pork
- Pasture-raised eggs ★ We use Regular eggs

Dairy

- Full-Fat dairy (butter, cream, yogurt)
★ We use the Irish butter
- cheese
★ mozzarella might be your new BFF!
- milk
★ Almond milk, coconut milk)

Fruits and Veggies

- | | | |
|----------------|-------------|------------|
| • Leafy greens | • celery | • Avacados |
| • Bell peppers | • mushrooms | • zucchini |
| • Asparagus | • cucumbers | |

Oils + spices

- spices
★ most spices aren't totally carb-free but are OK in small amounts!
- herbs
- Avacado oil
- coconut oil
- olive oil
- salt
- pepper

Keto Shopping list!

condiments

- Full-fat mayo
- ★ olive oil or avacado oil based)
- mustard
- ranch

Liquids

- Bone Broth
- Coffee
- Herbal Tea
- Seltzer
- ★ obviously water ☺

Some extras you might find helpful to have

- Almond flour and/or coconut flour
- erythritol
- ★ found in the baking section
- unsalted Kerrygold Irish butter and Organic MCT oil
- ★ for coffee (the way Dave makes it)
- heavy whipping cream and sugar-free vanilla syrup
- ★ for coffee (the way I make mine!)

★ MONK fruit SYRUP ★

Some Keto Brands we love:

Primal Kitchen ♥♥ (giant eagle) (can potentially get expensive - check for sales!!)

Lily's chocolate chips ♥♥

Kerrygold Irish Butter ♥♥

$\frac{3}{2}$

★ found in almost every grocery store

Breakfast ideas!

- eggs and Bacon
 - ★ scrambled or dippy
 - ★ Remember, no bread!
- Tomato, egg, cheese, and onion omelet
 - ★ season with salt and pepper
 - ★ finish with a side of Bacon!
- Pancakes

ingredients

1 cup Almond flour
2 tbsp Erythritol
1/8 tsp salt
2 large eggs
1/3 cup Almond milk
2 tbsp Avacado oil
1 tsp Vanilla extract
Cinnamon.

directions

- ① Whisk all ingredients together in a bowl until smooth.
- ② Preheat oiled pan (we use Avacado oil)
Pour circles of batter onto the pan. (I use a 1/4 cup to scoop the batter)
- ③ cook about 1.5 to 2 minutes, until bubbles start to form on the edges. flip and cook another minute or two, until browned on either side.

Lunch and Snack ideas!

Spicy Chicken nuggets

ingredients

- 1 can white premium chunk chicken Breast (12.5 oz)
- 1.5 cup mozzarella shredded cheese
- 1 egg
- Red Hot seasoning
- ground pepper

directions

- ① pre-heat / set oven to 375° and line a baking pan with parchment paper
- ② mix together chicken, egg, and cheese in a bowl. (I use a fork to mix and drain the canned chicken)
- ③ season with as much Red Hot and pepper as you desire
- ④ scoop chicken mixture onto parchment paper (usually approx. 2 tbsp in each scoop)
- ⑤ bake for 17-20 minutes (until golden brown around the edges)
- ⑥ let cool for about 5 minutes and then dig in!

* for dipping sauce try Ranch or Primal Kitchen brand BBQ sauce! or even experiment with other sugar-free sauces!

Lunch and Snack ideas!

Mozzarella Turkey wrap / Roll-up

★ there are many variations you can do for this wrap!

ingredients

4 pieces of sliced mozzarella cheese
turkey lunch meat

★ you can substitute this with any meat!

tomato

lettuce

mayo

★ primal Kitchen has great flavorful options rather than plain mayo.

★ don't forget, avocado oil or olive oil based mayo is preferred!

directions

- ① Set oven to 375°
- ② place parchment paper on baking sheet
- ③ put 4 pieces of mozzarella onto parchment paper to make a square

example:

1	2
3	4

- ④ bake for 8 minutes

★ cheese will be slightly brown on edges.

- ⑤ lay down turkey, mayo, tomato, and lettuce onto cheese wrap.
- ⑥ roll up and cut in half!

Lunch and Snack ideas!

don't be intimidated by this one!!

*Serve and eat these plain or with guacamole!!

Mozzarella Tortilla Chips!

ingredients

- 2 cups shredded mozzarella
- 1 cup almond flour
- 1 tsp. Kosher salt (I use regular salt)
- 1 tsp. garlic powder
- 1/2 tsp. chili powder
- ground pepper

directions

- ① pre-heat oven to 350°. Line two large baking pans with parchment paper.
- ② in microwave-safe bowl, melt mozzarella. (1 minute and 30 seconds)
- ③ Add almond flour, salt, garlic powder, chili powder, and some black pepper. Using your hands, knead dough a few times until a small ball forms.
- ④ Place dough on top of parchment paper (placed on your counter) and use a rolling pin to roll out into a rectangle about an 1/8" thick. (mine is never perfect and usually closer to 1/2" thick) Use a pizza cutter (or sharp knife) to cut dough into triangles (or whatever shape you want)
- ⑤ spread onto baking sheet and bake till edges are golden and starting to crisp (about 13 min!)

Lunch and Snack ideas!

Pizza Roll-ups!

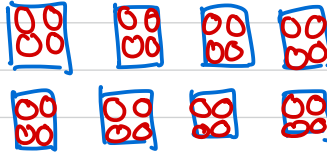
ingredients

- 8 slices of mozzarella cheese
- mini pepperoni slices
- italian seasoning
- Red pepper flakes
- Keto /sugar free dipping sauce
- ★ Primal Kitchen has amazing Pasta sauce!

directions

- ① Pre heat oven to 400°
- ② line a cookie sheet with parchment paper
- ③ place Cheese on parchment paper.

example:



Keep them slightly separated

- ④ Season with italian seasoning and red pepper flakes (for added spice). then place 4 pieces of pepperoni on each slice.
(see Red example above)
- ⑤ bake in oven about 6-8 minutes. Remove, let cool, then gently roll-up and serve - dipping them in your sauce!

Dinner Ideas!

*super easy, I promise!

Sheet Pan Fajitas

ingredients

to make the seasoning

1 tbsp. chili powder

1 tbsp. Paprika

2 tsp. dried oregano

2 tsp. ground cumin

1 tsp. salt

1 1/2 lb chicken Breasts, sliced into strips

1 sliced Red bell pepper

1 sliced yellow onion

2 garlic cloves, minced

*we chop up our own garlic, but you can always buy a jar of minced garlic!

1/4 cup olive oil

2 tbsp lime juice (optional)

1 oz. cilantro, for garnish (optional)

directions

- ① Preheat oven to 400° F.
- ② mix chili powder, paprika, oregano, cumin, and salt in a small bowl and set aside.
- ③ Put chicken strips, bell peppers, onion, garlic, oil, and lime juice in a bowl, mix to distribute the oil & lime juice thoroughly. Sprinkle in spice mixture, toss to coat.
- ④ Spread mixture on baking pan. Bake 20-25 minutes!

Dinner Ideas!

Simple, quick, easy dinners!

- Steak and Cheesy Broccoli
- pork roast in crockpot (low for 6-8 hours)
 - onions
 - salt and pepper
 - celery
 - carrots
 - bouillon chicken cubes

★ in broth section!!
- Chicken ceasar Salad
 - Shredded parmesan cheese
 - Primal Kitchen ceasar dressing
 - chicken
- Salmon and garden Salad
 - ★ Don't forget a fatty dressing!
 - just check for zero sugar and low carbs.
 - tomatoes
 - onions
 - cucumbers