

## **Fats/Oils**

- MCT oil
- Coconut oil
- Avocado oil
- Clarified butter
- Lard

## **Meat**

- Beef
- Chicken
- Turkey
- Lamb
- Bacon
- Pork

## **Seafood**

- Salmon
- Cod
- Sea bass
- Shrimp
- Mussels
- Crab

## **Eggs**

## **Vegetables**

- Avocado
- Spinach
- Zucchini
- Asparagus
- Broccoli
- Peppers

## **Fruits**

- Raspberries
- Blackberries
- Strawberries
- Lemons
- Limes

## **Dairy**

- Full-fat cheese
- Yogurt
- Cottage cheese
- Sour cream
- Cream cheese
- Heavy cream

## **Nuts And Seeds**

- Almonds
- Pecans
- Cashews
- Pistachios
- Pumpkin seeds
- Sunflower seeds

## **Beverages**

- Almond milk
- Coconut milk
- Cashew milk
- Club soda
- Coffee or tea (with heavy cream)
- Chicken/beef stock

## **Cooking/Baking Extras**

- Almond flour
- Dark chocolate
- Hot sauce
- Mayonnaise
- Mustard
- Stevia