

## My Favorite Keto Foods



Organic coconut butter



Organic coconut oil



Organic coconut milk (canned and carton)



Organic coconut cream



Extra Virgin Olive Oil



Avocado Oil



MCT Oil



Balsamic Vinegar



Lemon Juice



Organic Unsweetened Cranberry Juice



Bragg's Apple Cider Vinegar



Grass fed Bone Broth



Stevia drops



Sea Salt or Himalayan Pink Salt



Hemp Hearts



Pickles



Sauerkraut



Primal Kitchen  
Mayonnaises



Chia Seeds



Coconut Flakes



Cacao nibs



70% dark chocolate chips or bar



Vanilla



Chicken



Ground Beef



Bacon



Sausage



Steak



Pork Chops



Salmon



Pastured raised eggs



Grass fed ghee



Kerry Gold butter



Coconut yogurt  
Unsweetened



Goat milk plain yogurt



Designs For Health  
Pure Paleo Chocolate Protein



Paradise Protein & Greens



Apple Gate cold cuts



Organic coffee



Organic tea