

The Keto Lifestyle for Women



Keto diet food shopping list

Eat lots of healthy fats at each meal

- MCT oil
- Cold-pressed coconut oil
- Olive oil
- Flaxseed oil
- Avocado oil
- Butter
- Ghee
- Lard
- Chicken fat
- Duck fat
- Olives

Proteins

- Grass-fed meats (beef, lamb, goat, veal, venison)
- Poultry (chicken, turkey, quail, pheasant, hen, goose, duck)
- Organ meats such as liver
- Cage free eggs and yolk
- Fish (tuna, trout, anchovies, bass, flounder, mackerel, salmon, sardines)

Note that processed meats, like sausages, cold cuts and meat balls often contain added carbs. When in doubt look at the ingredients, aim for under 5% carbs.

Non-starchy vegetables

- Leafy greens (dandelion, beet greens, collards, mustard, turnip, arugula, chicory, fennel, romaine, spinach, kale, chard)
- Cruciferous vegetables (broccoli, cabbage, Brussel sprouts, cauliflower)
- Celery, cucumber, zucchini, chives, leeks
- Fresh herbs

- Sweet Potatoes allowed the first 3 weeks

Low-carb Keto vegetables

Vegetables growing above ground. Fresh or frozen – either is fine. Choose vegetables growing above ground (here's why), especially leafy and green items. Favorites include cauliflower, cabbage, avocado, broccoli and zucchini.

Vegetables are a great and tasty way to eat good fat on keto. Fry them in butter and pour plenty of olive oil on your salad. Some even think of vegetables as a fat-delivery system. They also add more variety, flavor and color to your keto meals.

Most people end up eating more vegetables than before when starting keto, as veggies replace the pasta, rice, potatoes etc.

Fat based fruit

- Avocado

Fruit

- Berries with whipping cream it's awesome!

Snacks

- Bone broth
- Beef or turkey jerky
- Pickles
- Nuts like pecans, cashews (be careful they are high in carbs), macadamia

Condiments

- Spices and herbs
- Hot sauce
- Apples cider vinegar
- Unsweetened mustards

Drinks

- Water (80-96 oz. a day)
- Tea
- Unsweetened coffee
- Bone broth

High-fat dairy

The higher fat the better Make sure you choose grass fed pastured raised. Choose Grass fed butter like Kerry Gold it is a good, Kerry Gold cheese, raw organic cheese from pastured raised cows is okay. Organic heavy cream is good option for cooking. Other alternative is a coconut cream. I caution the

ladies to stay away from milk unless it raw, organic and from grass fed cows or goat's milk and you are absolutely sure you don't have an intolerance to dairy.

Avoid drinking milk as the milk sugar quickly adds up (one glass = 15 grams of carbs). You can add coconut cream to your coffee. Avoid low-fat yoghurts, they are loaded with sugar.

Finally, be aware that regularly snacking on cheese when you're not hungry is a common mistake that can slow weight loss.

Please avoid these food for best results!

- Sugar. That includes syrups maple, carob, corn, caramel, fruit; natural sweeteners such as honey and agave; and foods with fructose, glucose, maltose, dextrose, and lactose, and all processed sugars.
- Grains. Wheat, oats, rice, quinoa, couscous, pilaf; corn products like popcorn, tortillas, grits, and cornmeal; all flour products such as bread, bagels, rolls, muffins, and pasta.
- Most processed foods such as crackers, chips, pretzels; candy; desserts such as ice cream, cookies, cakes; pancakes, waffles, and baked breakfast goods; oatmeal and cereals; snacks such as granola bars, most protein bars, and meal replacement items; canned and boxed foods; and foods with artificial ingredients such as artificial sweeteners (sucralose, aspartame), dyes, and added flavors.
- Drinks such as soda, alcohol, sweetened tea, coffee drinks, milk and milk replacements (cow, soy, coconut, lactaid, cream, half & half) and fruit juices.

For special occasions

I don't encourage this for the first 30 days. Your weight loss could slow down a bit.

Alcohol: Dry wine (regular red or dry white wine), champagne, whisky, brandy, vodka and cocktails without sugar. Full keto alcohol guide

Dark chocolate: Above 70% cocoa, preferably just a bit. Full keto snacks guide