

MEATS/PROTEINS

Beef (fattier cuts)

Steak

Prime rib

Veal

Roast beef

Baby back ribs

Ground beef

Corned beef

Hamburger

Stew meats

Organ meats

Heart

Liver

Tongue

Kidney

Offal

Other

Bison

Lamb

Goat

Seafood

* Tuna

* Salmon

* Catfish

* Trout

* Halibut

* Mackerel

* Mahi-mahi

* Cod

* Bass

* Anchovies

* Orange roughy

Haddock

* Tilapia

* Clams

* Oysters

* Mussels

* Crab

(make sure it's the real thing—not imitation)

* Lobster

* Scallops

* Shrimp

* Sardines

BUSY BABE KETO

Poultry

- * Duck
- * Chicken (leg, thigh, wings, breasts, whole, or ground)
- * Quail
- * Turkey (leg, breast, whole, or ground)
- * Wild game
- * Cornish hen
- * Chicken broth
- * Turkey bacon
- * Turkey sausage

Deli meats

- * Cold cuts
- * Salami
- * Pepperoni
- * Prosciutto

Pork

- * Tenderloin
- * Pork loin
- * Ham
- * Pork chops
- * Bacon
- * Ground pork



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KETO**

DAIRY PRODUCTS

- * Full-fat Greek yogurt
- * Heavy creams
- * Kefir
- * Sour cream
- * Mayonnaise
- * Butter (grass-fed)
- * Ghee
- * Whole milk

Cheeses

- * Parmesan
- * Swiss
- * Feta
- * Cheddar

- * Brie
- * Monterrey jack
- * Mozzarella
- * Colby
- * Goat cheese
- * Bleu cheese
- * Cottage cheese
- * Cream cheese
- * String cheese

HEALTHY OILS AND FATS

Oils

- * Coconut oil
- * Olive oil
- * Avocado oil
- * MCT oil

Nuts/seeds

- * Almonds (or almond butter)
- * Macadamias

- * Hazelnuts
- * Pecans
- * Pistachios
- * Walnuts
- * Sesame seeds
- * Sunflower seeds
- * Pumpkin seeds
- * Flaxseeds
- * Chia seeds



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Other fats

- * Cocoa butter
- * Coconut butter
- * Bacon fat
- * Duck fat

KETO VEGETABLES

- * Leafy greens
- * Kale
- * Spinach
- * Swiss chard
- * Bok choy
- * Romaine lettuce
- * Iceberg lettuce
- * Radicchio
- * Brussels sprouts
- * Bean sprouts
- * Broccoli
- * Garlic
- * Onions
- * Bell peppers
- * Asparagus
- * Kohlrabi
- * Celery
- * Cucumber
- * White mushrooms
- * Portobello mushrooms
- * Black olives
- * Green olives
- * Zucchini
- * Spaghetti squash
- * Yellow squash
- * Snow peas
- * Okra
- * Leeks
- * Cauliflower
- * Artichokes
- * Cabbage

BUSY BABE KETO



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FERMENTED FOODS

- * Sauerkraut (no added sugars)
- * Kimchi
- * Natto
- * Pickles
- * Salsa (sugar-free)
- * Kefir

KETO FRUITS

- * Avocados
- * Strawberries
- * Blueberries
- * Raspberries
- * Cherries
- * Cranberries
- * Mulberries

BAKING SUPPLIES

- * Coconut flour
- * Almond flour
- * Coconut flakes
- * Cocoa powder
- * Sea salt
- * Baking soda
- * Vanilla

SWEETENERS

- * Erythritol
- * Xylitol
- * Pure stevia powder
- * Pure stevia drops
- * Monk fruit
- * Mannitol

DRINKS/LIQUIDS

- * Raw milk
- * Coconut milk (unsweetened)
- * Cashew milk (unsweetened)
- * Unsweetened tea or coffee
- * Heavy creamer (sugar-free)

CONDIMENTS

- * Yellow mustard
- * Brown mustard
- * Soy sauce or coconut aminos
- * Sugar-free ketchup
- * Mayonnaise
- * Horseradish
- * Hot sauce
- * Low-carb salsa
- * Worcestershire sauce
- * No- or very-low-sugar high-fat salad dressings, such as Ranch or blue cheese
- * Lemon juice
- * Lime juice
- * Sugar-free syrup

SPICES AND HERBS

- * Basil
- * Oregano
- * Parsley
- * Rosemary
- * Thyme
- * Cilantro
- * Cayenne pepper
- * Chili powder
- * Cumin
- * Cinnamon
- * Nutmeg
- * Salt and pepper



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