

Ketovore Diet Foods Shopping List

Meats, etc.

- | | |
|--|---|
| <input type="checkbox"/> Beef (steak, ground beef, ribs) | <input type="checkbox"/> Pork (bacon, pork chops, pork belly) |
| <input type="checkbox"/> Lamb (chops, leg, ground lamb) | <input type="checkbox"/> Chicken (breasts, thighs, wings) |
| <input type="checkbox"/> Turkey (breasts, ground turkey) | <input type="checkbox"/> Duck (breasts, confit) |
| <input type="checkbox"/> Bison | <input type="checkbox"/> Veal |

Seafood

- | | |
|---------------------------------|---|
| <input type="checkbox"/> Salmon | <input type="checkbox"/> Mackerel |
| <input type="checkbox"/> Tuna | <input type="checkbox"/> Sardines |
| <input type="checkbox"/> Shrimp | <input type="checkbox"/> Lobster |
| <input type="checkbox"/> Crab | <input type="checkbox"/> Caviar (fish eggs) |

Organ Meats

- | | |
|--|---|
| <input type="checkbox"/> Liver (beef, chicken, pork) | <input type="checkbox"/> Kidneys (beef, lamb) |
| <input type="checkbox"/> Heart (beef, chicken) | <input type="checkbox"/> Brain (beef, pork) |
| <input type="checkbox"/> Tongue (beef, lamb) | <input type="checkbox"/> Tripe |

Broths and Stocks

- | | |
|---|--|
| <input type="checkbox"/> Bone broth (beef, chicken, fish) | <input type="checkbox"/> Chicken stock |
| <input type="checkbox"/> Beef stock | <input type="checkbox"/> Fish stock |

Eggs and Dairy

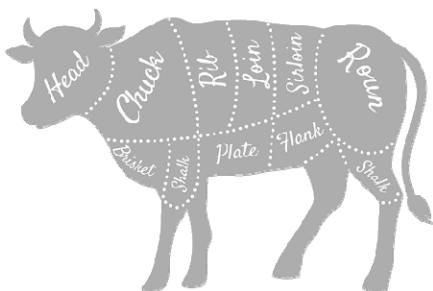
- | | |
|---|--|
| <input type="checkbox"/> Eggs (chicken, duck) | <input type="checkbox"/> Hard cheeses (cheddar, gouda, parmesan) |
| <input type="checkbox"/> Butter | <input type="checkbox"/> Heavy cream |
| <input type="checkbox"/> Sour cream | <input type="checkbox"/> Kefir |

Fats

- | | |
|-----------------------------------|-------------------------------|
| <input type="checkbox"/> Tallow | <input type="checkbox"/> Lard |
| <input type="checkbox"/> Duck fat | <input type="checkbox"/> Ghee |

Low Carb Vegetables and Greens

- | | |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> Lettuce | <input type="checkbox"/> Celery |
| <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Cauliflower |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> zucchini |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Onion |
| <input type="checkbox"/> Kale | <input type="checkbox"/> Radishes |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Cabbage |
| <input type="checkbox"/> Basil | <input type="checkbox"/> Cilantro |
| <input type="checkbox"/> Chives | <input type="checkbox"/> Parsley |



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