



Ultimate Must Have Keto Food List

Always Check Labels on Foods as Nutrition Facts Vary Depending on Brand

Goodies:

Ice Cream – Rebel, Halo Top, Wink	Atkins Sugar Free Candies
Sugar Free Jello	Sugar Free Jelly Beans
Sugar Free Pudding	Russell Stover Sugar Free Candies
Sugar Free Whipped Cream	Reese’s Sugar Free Candies
Sugar Free Jelly	Werther’s Sugar Free Candies
Walden Farms – Marshmallow, Caramel, and Chocolate Dip	Sugar Free Gum
Walden Farms - Caramel, Strawberry, and Chocolate Syrup.	Hershey’s Sugar Free Chocolate Chips
Go Lightly Sugar Free Candies	Lily’s Chocolate Chips
	Anything from the bakery at www.CenterforLCL.com

“Cereal”:

Cereal School	Magic Spoon	Julian Bakery Pro Granola
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"Milk":

CarbMaster Milk	Unsweetened Almond Milk	Unsweetened Coconut Milk
CarbMaster Chocolate Milk	Unsweetened Vanilla Almond Milk	Unsweetened Cashew Milk

Sugar Alcohols:

Erythritol	Swerve Confectioner	Sukrin Gold Brown Sugar	Monkfruit
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Beverages:

Water – Plain, Lemon, Lime	Zevia	Fit 'n' Active
Sparkling or Carbonated Water	Hansen's Soda	Crystal Light
Coffee (Black)	Virgil's Soda	Sugar Free Rockstar
Tea	Bai	Sugar Free Monster
	Mio	ZipFizz

Alcohol:

Champagne	Devil's Backbone Brewing Co. Bright Tangerine Sparkling Ale
Red Wine	Whiskey
White Wine	Brandy
Bud Select	Tequila
Michelob Ultra	Vodka
MGD 64	Gin
Corona Premier	Truly
Lagunitas Day Time IPA	White Claw
North Coast Brewing Co. Scrimshaw Pilsner	

Berries:

Blueberries

Strawberries

Blackberries

Protein:

Beef

Duck

Seafood

Chicken

Veal

Pepperoni

Lamb

Pork

Hot Dogs

Turkey

Organ Meats

Brats

Cheese

Bologna

Duke's Jerky Links

Parmesan Cheese

Ham

Quest Protein Bars

Bacon

String Cheese

Kirkland Protein Bars

Eggs

Baby Bell Cheese

PB2

Sausage

Prosciutto

Member's Mark Parmesan
Crisps

Canned Chicken

Isopure Protein Powder

Kirkland Whisps

Canned Tuna

Little Smokies

Salami

Jennie O Taco Turkey

Nuts:

Almonds

Pecans

Walnuts

Macadamia Nuts

"Chips":

Quest Protein Chips

Pork Rinds

Center for LCL Pita Chips

Oils/Fats:

Butter	Avocado Oil	Almond Butter
Coconut Oil	Avocado	Cashew Butter
MCT Oil	Mayonnaise	Cream Cheese
Olive Oil	Heavy Whipping Cream	Green Olives
Sesame Oil	Laura Scudder Peanut Butter	Black Olives

Condiments:

Sugar Free Coffee Creamer	Guacamole Salsa	Walden Farms Fruit Spreads
Walden Farms Coffee Creamers	Salsa	Walden Farms Salad Dressings
Vinegar	Avocado Salsa	Salsa Verde
Mustard	Sugar Free Ketchup	Soy Sauce
Mayonnaise	Walden Farms Ketchup	Sugar Free BBQ Sauce
Sriracha	Most Hot Sauces	Sour Cream
Horseradish	Sugar Free Pancake Syrup	Sugar Free Teriyaki Marinade
Guacamole	Walden Farms Pancake Syrup	

Pasta & Marinara Sauces:

Walden Farms Alfredo Pasta Sauce	Rao's Marinara
Walden Farms Garlic & Herb Pasta Sauce	Alfredo Sauce
Walden Farms Tomato & Basil Pasta Sauce	

Yogurt:

CarbMaster

Light & Fit TwoGood

Vegetables:

Spring Mix	Celery	Pickles	Broccoli	Green Onions
Romaine	Cucumber	Green Beans	Cauliflower	Onions
Spinach	Radish	Zucchini	Mushrooms	Cilantro

“Noodles/Rice”:

Miracle Rice

Miracle Noodles

“Zoodles” (Spiralized
Zucchini)

“Bread”:

Low Carb Tortillas

Birch Benders Pancake Mix

Center for LCL Protein Bread

Flour:

Almond Flour

Coconut Flour

Flaxseed Meal



Keto Made Simple Online Course

A 4 Week Jump Start to Successful Low Carb Living

Do you have unwanted fat and inches on your body you'd like to get rid of once and for all?

Would you like to lose fat and inches without killing yourself at the gym or starving yourself?

Would you like to lose fat and inches quickly and easily without pills, powders, or shakes – just using real food?

Do you have a desire to be genuinely happy with your body and who you are?

Details and a link to sign up for the course can be found here:

<https://center-for-low-carb-living.teachable.com/p/keto-made-simple>