

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

Sugar Free Jello

Sugar Free Pudding

Sugar Free Whipped Cream

Sugar Free Jelly

Walden Farms – Marshmallow, Caramel, and Chocolate Dip

Walden Farms - Caramel, Strawberry, and Chocolate Syrup.

Go Lightly Sugar Free Candies

Atkins Sugar Free Candies

Sugar Free Jelly Beans

Russell Stover Sugar Free Candies

Reese's Sugar Free Candies

Werther's Sugar Free Candies

Sugar Free Gum

Hershey's Sugar Free Chocolate Chips

Lily's Chocolate Chips

Anything from the bakery at www.CenterforLCL.com

"Cereal":

Cereal School

Magic Spoon

Julian Bakery Pro Granola

<u> "Milk":</u>

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

Sugar Alcohols:

Erythritol	Swerve	Sukrin Gold Brown	Monkfruit
	Confectioner	Sugar	

Beverages:

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

Alcohol:

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

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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
Canned Chicken	Isopure Protein Powder	Crisps
Canned Tuna	Little Smokies	Kirkland Whisps
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	Salsa	Walden Farms Salad
Creamers	Avocado Salsa	Dressings
Vinegar	Sugar Free Ketchup	Salsa Verde
Mustard	Walden Farms Ketchup	Soy Sauce
Mayonnaise	Most Hot Sauces	Sugar Free BBQ Sauce
Sriracha	Sugar Free Pancake Syrup	Sour Cream
Horseradish	Walden Farms Pancake Syrup	Sugar Free Teriyaki Marinade
Guacamole		

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

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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)

<u>"Bread":</u>

Birch Benders Pancake Mix

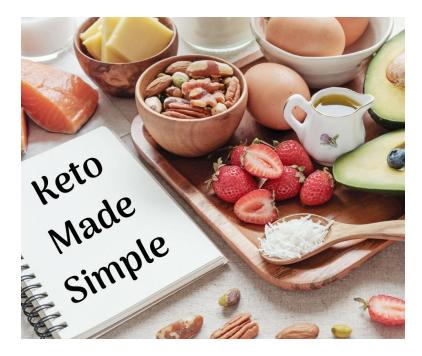
Center for LCL Protein Bread

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

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