

First Trip to the Grocery Store

This list is something I did when I went to the store for the first time. These foods that I list are just recommendations and certainly not the full list of allowed foods. These were just the easiest for me to start with.

Proteins:

- Bacon (lowest sugar bacon possible)
- Chicken (usually the higher fat types like dark meat cuts)
- Bratwurst
- Eggs (I buy about 3 18 count cartons a week for my family of four)
- Ground Beef
- Kielbasa sausage
- Pepperoni
- Pork Ribs
- Pork Rinds (excellent snack if you need the crunch factor)
- Turkey

Healthy Fats:

- Almonds
- Almond butter
- Avocados
- Butter (Kerrygold is a high quality brand I really like)
- Cheese (Cheddar, Colby, Feta, Mozzarella, Blue cheese, Provolone, Ricotta, and so many others)
- Coconut Cream
- Coconut Milk (unsweetened)
- Cream Cheese (I'm pretty sure I buy about 3 blocks a week now)
- Ghee
- Heavy Whipping Cream
- Mayonnaise (Full Fat mayo such as Dukes)
- Olive Oil
- Pecans
- Sour Cream
- Walnuts

Carbohydrates

- Artichokes
- Blueberries
- Broccoli
- Brussel Sprouts
- Cabbage
- Cauliflower
- Cucumbers
- Garlic
- Kale
- Lemon
- Lettuce
- Lime
- Mushrooms
- Onions
- Peppers
- Snow Peas
- Spaghetti Squash
- Spinach
- Strawberries
- Tomatoes
- Zucchini