


A vibrant pink powder explosion graphic on the left side of the page, with the powder appearing to burst out from a circular area and spread across the page.

Ultimate Keto Prep List

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I've been coaching the ketogenic lifestyle for a little over a year now and the hardest thing I find my customers struggle with is "sticking to it" on the go.

Being prepared is your first step to success with the keto way of eating. It doesn't always have to be "extravagant meals" and in all honesty, time is very limited for a lot of us!

Hoping this list will help you take an hour on Sundays and prep for the week ahead so you're grabbing keto approved foods instead of whatever you can get your hands on.

First, Let's Start with the Ultimate Food List!

What do you eat on Keto?

- Meats: ZERO CARBS

- Beef- Ground beef, Steak, Ribs, and Roasts
- Pork- Chops, Ribs, BACON, Loins, sausage
- Chicken/ Turkey- Thighs w/ skin or wings are the best because breasts are high in protein. However, you CAN eat breasts, just have to eat more fat to compensate.
 - Fish- Tuna, Salmon, Cod, Haddock, etc.
 - Shrimp/ Lobster- Go crazy, use lots of butter!
 - Pepperoni

-Cheese: MOST are no carb, almost all are low carb

- Mozerella & Cheddar- Buy in bulk, they freeze well and are insanely versatile!
 - Colby jack, pepper jack, monterrey jack
 - Taco style, Mexican style
 - Parmesan, Asiago
 - Ricotta- Freezes well, very versatile
- Cottage cheese- Good to throw in your lunch with berries, usually around 4-8g of Carbs per serving
- Cream Cheese- Freezes very well, this is one of the things that I always glance at whenever I go to the store, and always buy a bunch of if it's under 75 cents per 8oz.

- Vegetables: No potatoes! Get your carbs from veggies!!!

- Leafy greens- Spinach, Spring mix, Kale, Romaine
- Zucchini- Great for a noodle substitute!
- Avacado- Awesome source of natural fat!
 - Eggplant
 - Brussels sprouts
 - Tomato
- Spaghetti Squash- Versatile, makes a great spaghetti substitute and is even great for making keto brownies!
 - Cucumber
 - Peppers- Jalepeño, banana, green/ red/ yellow/ orange bell
 - Broccoli- Great with cheese, steamed or just raw!
 - Asparagus- Awesome roasted or sautéed with bacon and garlic!
 - Cauliflower- AWESOME potato substitute!!
 - Celery- Great with cream cheese or all natural peanut butter!
 - Cabbage
 - Pickles (Read nutrition labels, watch for sugar and carbs)
 - Olives
 - Green beans- Awesome sautéed in bacon grease with garlic, (watch portion size, though).
 - Onions- Red, yellow: use somewhat sparingly, to taste

- Fruits: Most are a no-no, especially bananas, oranges and grapes.

- Strawberries
- Blueberries
- Raspberries
- Blackberries
- Lemon/ Limes- Adds great flavor!

- Nuts (grams of Carbs per 100 grams, or 3.5 oz)

- Pecans/ Brazil (4g)
- Macadamia (5g)
- Hazelnut/ Walnut/ Peanut (7g)
 - Pine (9g)
 - Almond (10g)
 - Pistachio (18g)
 - Cashew (27g)
- Oils/ Fats
 - Coconut Oil
- Butter: Kerry Gold is best but just make sure it's REAL butter and not a spread or margarine
 - Olive Oil
 - Vinaigrette
 - Hollandaise
- Bacon/ sausage grease.
- MCT oil- easily ordered online/ in specialty stores

-Dressings/ Condiments/ Fats

- Ranch, Blue cheese, Cesar, Thousand Island, Balsamic- Watch carbs/ sugar, but there's tons of brands, so you can find one you love!
- Mayo- Natural/ organic is best, but I use Hellmann's all the time.
 - Aioli
- Heinz "NO SUGAR ADDED" Ketchup or sugar free ketchup
 - G. Hughes brand sugar free BBQ sauce
 - Yellow/ Spicy Brown Mustard
 - Soy sauce
 - Hot sauce

- Liquids: Use as base for sauces/ soups

- Heavy Whipping Cream (HWC)
- Broths/ Stocks: Stay away from reduced fat. Bone broth is awesome!

- Snacks

- Pepperoni
- Hard boiled eggs
- Slim Jims/ jerky (watch carbs)
- Homemade cheese its/ tortilla chips
 - Cheese
- Pork rinds (0 carbs, very versatile. Can be used as breading, nacho substitute or even sprinkled with cinnamon & stevia and eaten like cereal with Almond milk and tastes like cinnamon toast crunch!)

- Drinks

- WATER- Lots of it!
- Crystal Light- Tons of options and very convenient!
 - Tea with stevia
- Coffee- Add a Tablespoon of coconut oil or MCT oil, Stevia, heavy whipping cream and imitation vanilla/ Hazelnut or Cocoa powder & peppermint *BOOM* Homemade creamer!

- Alcoholic Beverages

- Beers (grams of carbs per 12 oz serving)
 - Bud Select 55 (1.9)
 - MGD 64 (2.4)
 - Rolling Rock Green Light (2.4)
 - Michelob Ultra (2.6)
 - Bud Select (3.1)
 - Beck's Premier Light (3.2)
 - Natural Light (3.2)
 - Michelob Ultra Amber (3.7)
 - Coors Light (5)
 - Amsterdam Light (5)
 - Bud Light (6.6)
- ***Vodka: Whipped Vodka & flavored water or pineapple Pinnacle with crystal light are a couple of my favorites!***
 - Whiskey shot (0g carbs)
 - Brandy shot (0g carbs)
 - Dry Martini (0g carbs)
 - Tequila shot (0g carbs)
 - Champagne (~1g per serving)
 - Dry wine (~2g per serving)

- Sweeteners

- Stevia drops (0g)
- Erythritol (0g)
- Truvia (0g)
- Monkfruit (0g)

- Other common Ingredients I use
 - Almond flour
- Spices: Garlic powder, onion powder, parsley, cumin, cayenne, salt, pepper, paprika, Basil, thyme, rosemary, red pepper flakes,
 - Cocoa Powder
 - Natural Peanut butter
- Sugar free chocolate chips
- Sugar free maple syrup

*Now That You Have The Food List...
Do You Know How Much You Should Be Eating?*

CALCULATE YOUR MACROS

There's more information on how to start a healthy ketogenic diet on the website, broken down into simple terms and phrases so that the simplest man would be able to understand.

However, if you have questions, you can always reach out to me!

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WEEKLY MUST HAVES FOR ON THE GO AND STICKING TO PLAN!

Pork Rinds
Boiled Eggs
Deviled Eggs
Pepperoni
Cheese
Jerky
Kale
Acovado
Dark Chocolate
Olives
Sunflower Seeds
Nut butters
Cashews
Fat Bombs
Lettuce Wraps
Sugar Free Jello or Popcicles
Berries
Laughing cow cheese
Hummus
Seaweed wraps
Moon Cheese
Cocoa Nibs
Quest Bars
Pickles
Cream Cheese Celery
Cucumbers for sandwich boats