

Low Carb/Keto Eating and Shopping Guide

When to Eat: To lower insulin, when you eat is as important as what you eat. Intermittent fasting is essential, so eating at lunchtime and dinner is best. (If you're hungry in the morning, try adding a dash of MCT oil and 2 T. Vital Proteins chocolate collagen peptides powder to your coffee.) Every time you snack between meals it raises insulin, so eat enough fat and protein to stay full between meals. For your body to switch to running on fat it needs fat! If you need to eat at 11 a.m., 2 p.m. and 6 p.m. for energy, that's fine. Just be sure your afternoon snack has fat and protein (nuts, celery with sugar-free peanut butter, cheese stick, Chomps sugar free beef jerky) and that you don't snack after dinner. Having a sugar-free treat right after dinner is fine, like Greek yogurt sweetened with monk fruit and vanilla, topped with frozen berries, or some sugar-free chocolate chips and nuts.

What to Buy and Eat:

- 1/3 to 1/2 your plate should be salad. You can add variety by alternating between **mixed greens, romaine, and kale or cabbage-based salad blends**. Whole heads of lettuce (like romaine) last longer than cut lettuce. You can buy a whole cabbage and thinly slice it as you're ready to use it, then throw in carrots and toss with ranch for a more shelf-stable coleslaw. Top romaine with cucumbers, grape tomatoes, chopped peppers, red onions and a little goat cheese for a Greek salad with Primal Kitchen Greek dressing.
- Fill a quarter of your plate with another veggie: **broccoli, asparagus, green beans, snap peas, carrots, celery, cucumbers, red peppers, onions, riced cauliflower, frozen stir-fry blends without sauce, zucchini noodles or palm heart noodles, occasionally red or Yukon potatoes** which are less starchy.
- The other quarter should be grass-fed meat whenever possible: **grass-fed beef/chicken/turkey, wild-caught salmon/tuna/shrimp, free-range eggs, sugar-free bacon**. If you buy sausages or frozen meat patties, make sure there's no sugar, nitrates, BHT, soy, dextrose, starches, maltodextrin, or artificial ingredients. (Costco and Fred Meyer have natural sausages.) Use grass-fed ground beef or sugar-free chicken sausage in spaghetti sauce instead of meatballs. Cut up a chicken breast and sauté in olive oil with spices (seasoned salt, pepper, and parsley) instead of buying nuggets. Top grass-fed hamburger patties with steak seasoning, sautéed mushrooms and onions and eat as a hamburger steak with a little A1 sauce. Top Trident salmon burger patties with lemon juice and avocado oil mayo mixed with sugar-free ketchup.
- Whole grains can replace the quarter-plate veggie for one meal/day as long as it's **organic whole wheat, oats, organic corn tortillas (no cellulose), quinoa/brown rice pasta, seed crackers, pumpkin seeds**, etc.
- Limit fruit to one meal a day and stick to **berries or watermelon**, to keep sugar low.
- Eat plenty of healthy fats: **grass-fed butter and cheese** (especially goat cheese and Romano cheese), **nuts, Greek yogurt, olive oil, coconut oil, avocados and avocado oil** (high smoke point), mayo and salad dressings made with avocado oil or olive oil and no sugar (like Chosen Foods salad dressing at Walmart).
- Choose sweeteners that won't spike insulin for chocolate, condiments like ketchup/BBQ sauce, or baking. **Monk fruit, erythritol, stevia or allulose** are best. Date sugar and manuka honey in small amounts is okay. Stay away from most products labeled "keto friendly" because they add bad stuff to lower the net carbs.

What to Avoid:

- Sugar, corn syrup, dextrose, maltodextrin, maltitol spike insulin. Sucralose/Splenda harms your gut.
- Seed oils (canola, soy, safflower, corn oil) cause inflammation. Fried foods use these oils.
- Cellulose and resistant starches/fibers (resistant wheat starch, tapioca fiber, corn fiber, etc. found in keto products) harm your gut biome. Psyllium husk fiber is okay.
- Soy protein isolate, casein protein, and milk protein concentrate (MPC) added to keto products disrupt your body systems. Soy is both GMO and a hormone disruptor, and MPC can cause bloating.
- MSG, BHT, nitrates and other chemicals found in processed foods. Stick to whole foods without chemicals.
- Non-organic wheat, soy, corn contain pesticides, as do grain-fed animals who eat them. Grass-fed is best!