



## Suggested Shopping List

Shop for foods that are:

- Whole, unrefined, and unprocessed
- Fresh and seasonal
- Local and organic
- Grass-fed, pasture raised, free-ranged, cage-free or sustainably caught

### Meats, Fish and Eggs

- **Grass-fed meat:** beef, bison, buffalo, game meats, goat, lamb, mutton, veal, venison
- **Free-range poultry:** chicken, duck, pheasant, quail, turkey
- **Organic eggs:** chicken, duck, goose, quail
- **Heritage breed pork:** sugar-free bacon, chops, ribs etc
- **Organ meats and odd bits:** heart, liver, brain, kidneys, grass-fed beef gelatin, grass-fed beef collagen
- **Fresh seafood:** calamari, clams, crab, flounder, halibut, mackerel, mussels, oysters, roe, salmon, sardines, scallops, shrimp/prawns, snapper, sole, swordfish, trout, tuna
- **Canned seafood:** anchovies, mackerel, salmon, sardines, tuna
- **Free-ranged eggs:** chicken, duck, turkey, quail

### Fats & oils

- |                     |                          |
|---------------------|--------------------------|
| • Avocado           | • Coconut milk           |
| • Avocado oil       | • Coconut oil            |
| • Butter, grass-fed | • Duck fat               |
| • Cacao butter      | • Extra virgin olive oil |
| • Cacao paste       | • Ghee                   |
| • Coconut butter    | • Macadamia nut oil      |
| • Coconut cream     | • Tallow                 |

### electrolytes

- [Magnesium Glycinate](#)
- Magnesium Gluconate
- [Magnesium Threonate](#)
- [Potassium Citrate](#)
- [Mineral Rich Salt](#)



## Vegetables

- Artichoke
- Asparagus
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Daikon
- Endive
- Fennel
- Jicama
- Kohlrabi
- Mushrooms
- Purslane
- Radicchio
- Radish
- Summer squash

**Leafy greens:** beet greens, chard, collards, kale, mustard, spinach

**Salad greens:** arugula, lettuce, watercress, endive, escarole

**Sea vegetables:** dulse flakes, kelp granules, kelp noodles, whole nori leaf, mixed sea seasonings, spirulina and chlorella powder or tablets

## Nuts & Seeds

- All types are acceptable on a ketogenic diet (watch the carbs in cashews). Nut and seed butter,s, flours, and whole kernels are various forms to use

## Dairy

*Always choose full-fat dairy. Aged and soft cheeses are both fine. Opt for raw milk dairy when possible.*

- Aged Cheeses
- Cottage Cheese
- Cream Cheese
- Greek Yogurt
- Heavy Cream
- Mascarpone Cheese
- Parmesan Cheese
- Soft Cheeses
- Sour Cream

## Herbs & Spices

- **All fresh herbs** (chives, cilantro, dill, oregano, parsley, basil, thyme)
- **All dried spices or blends** (cardamom, chili pepper, cinnamon, coriander, cumin, turmeric powder and Mexican, Thai, Italian blends)
- **Others:** vanilla powder or extract, peppermint spirits, maca powder
- **Salt:** sea salt, black lava salt, red salt, smoked salt, Celtic Salt

# Primal Edge Health

## Resources

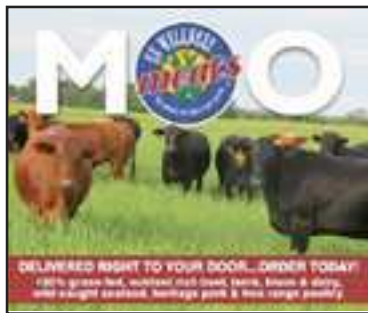
These are affiliate links, if you use them to purchase we receive a small percent (with no extra charge to you) in compensation for making referrals.

We intentionally do not use Amazon affiliate links and choose to exclusively support small, family oriented businesses.



### Butcher Box

Subscription service for 100% grass-fed and grass-finished beef, free range organic chicken, and heritage breed pork, raised free from antibiotic and hormones delivered to your door! [Exclusive offer here.](#)



### us wellness

Grass-fed butter, bones for homemade beef broth and organ meats are staple ingredients we use in our diet. US Wellness offers all of these and more, like raw milk cheese, lamb, bison, and duck. They also have beef liverwurst which is a great way to introduce yourself to organ meats if you haven't already! [Start shopping!](#) Update: They now ship to Canada



### Kettle and Fire

We drink broth like tea and use it in many recipes. Unfortunately, it isn't always ready made. That's when having high-quality, shelf stable broth can really come in handy! [Stock your pantry here.](#)



### vital choice

An excellent place to purchase wild-caught fish and seafood. Their products are made under high purity standards, ethics of sustainability and community awareness. [Go fishing here.](#)



### Ketogenic chocolate Bars

We've brought USDA organic keto-friendly chocolate bars from Ecuador to the US. Our cacao is from heirloom beans and super delicious! [Get our chocolate bars here!](#)



### Lakanto

Lakanto is our go-to low-carb and ketogenic sweetener for cakes, muffins, cookies and chocolates. They even have a sugar-free maple syrup for pancakes and French toast! [#Sweetresponsibly here](#) with coupon code PRIMALEDGEHEALTH for 20% off your order.



### Mountain Rose Herbs

Our source for organic herbs and spices, essential oils, and tea. Mountain Rose has [proven their commitment to organic products and sustainable business practices time and time again](#). When you purchase from them, you are doing more than getting some of the highest-quality herbs and spices available (which is already awesome!) but you also contribute to a number of restorative and sustainable projects. [Flavor up here.](#)



### wildly organic

These are the BEST coconut products I've ever tasted! I love that they are consistent and reliable. We recommend the 5-gallon coconut oil – that's what we use! [Stock up](#) with coupon code PRIMALEDGEHEALTH to save 10% off your order.



## Recommended Reading and Recipe Resources

- [Primal Edge Health Resource List](#)
- [Low-Carb and Ketogenic Recipe Archive](#)
- [How To Eat Out on a Ketogenic Diet](#)
- [A Secret to Easy Keto Adaptation](#)
- [7 Coconut Products for a Ketogenic Diet](#)
- [Different Types of Mineral Rich Salt](#)

## Recommended Videos

- Primal Edge Health Recipe Videos and Days of Eating [PLAYLIST](#)
- Simplifying Keto - Demystifying Mistakes and Confusion [PLAYLIST](#)
- Keto for Fat Loss [PLAYLIST](#)
- FAQ about a Ketogenic Diet [PLAYLIST](#)
  - Carnivore Diet [PLAYLIST](#)
  - Cholesterol and Keto [PLAYLIST](#)
- Raising Healthy Children, Keto with a Family and Vlogs [PLAYLIST](#)
- Keto Motivation [PLAYLIST](#)
- #EatMeatMakeFamilies [PLAYLIST](#)
- What you NEED to KNOW about RED LIGHT THERAPY  
([Podcast](#)) ([Video Interview](#))
- The truth about Cholesterol & Low Carb Keto Diets  
([Podcast](#)) ([Video Interview](#))