



Keto Diet Shopping List + Resources

Primal Edge Health

Keto Diet Shopping List

As much as possible, 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
- Avocado oil
- Butter, grass-fed
- Cacao butter
- Cacao paste
- Coconut butter
- Coconut cream
- Coconut milk
- Coconut oil
- Duck fat
- Extra virgin olive oil
- Ghee
- Macadamia nut oil
- Tallow

Electrolytes

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

**denotes affiliate link; we only promote what we would use ourselves!*

Keto Diet Shopping List (Cont.)

Vegetables

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

Nuts & Seeds

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

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

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



Source Healthy Food

Save some money and get fresh food by sourcing direct from local/regional producers.

SOURCE LOCAL FOODS IN YOUR AREA

1. Check out the local farmer's market
2. Visit nearby co-ops
3. Contact regional farmers directly (can you buy wholesale?)

SET GOALS TO

1. Strive to buy as direct from the producer as possible
2. Ask about current and upcoming deals and discounts on bulk/wholesale orders

Search these online directories that serve to connect hungry customers with small scale producers. This list is by no means complete. If you have others to recommend, share on Instagram by using the hashtag **#primaledgehealth**.

BUY DIRECT

[Eat Wild](#) Meat, eggs, and (raw) dairy products. Listings for supermarkets, farmer's markets, and local farmers in your area, as well as organic food delivery services. (US and Canada)

[Crowd Cow](#) Get connected with healthy, high-quality meat from independent farms in your area by crowd sharing beef and other animals. [Save \\$25 off your first order*](#).

[Local Harvest](#) Farms, farmer's markets, CSA, restaurants, grocery and co-ops, U-pick, meat processors, and wholesalers. (US only)

[14 Ethically Raised Meat Delivery Services](#) Farm fresh to your door. Beef, pork, chicken, eggs, and offal. (UK)

BUY WHOLESALE

[Buy A Cow UK](#) Farm-to-Fork beef; ethically raised, quality meat delivered. (UK)

[Co-op Directory Service Listing](#) Buying clubs and co-ops. (US, Canada, Australia, and UK)

[Wholeshare/Direct Eats](#) Join with at least 4 other people and place individual orders to get wholesale discount prices from local and regional sellers. (US only)

**denotes affiliate link; we only ever promote what we would use ourselves!*



Resources



We intentionally [do not use Amazon affiliate links](#) and choose to exclusively support small, family oriented businesses.

Butcher Box

Save \$20 and get free bacon plus free shipping on your first [order from ButcherBox*](#), a food delivery subscription service specializing in 100% grass-fed and grass-finished beef, free range organic chicken, and heritage breed pork.

US Wellness

Grass-fed butter, meaty and marrow bones, organ meats, raw dairy, meats and more [available at US Wellness*](#).

Kettle & Fire

Kettle & Fire creates organic, shelf-stable [chicken and beef bone broths*](#). It's super handy to have on hand in your pantry!

Vital Choice

[Seafood products*](#) procured under high purity standards, ethics of sustainability, and community awareness.



ANCESTRAL SUPPLEMENTS

Get the nutrients and [benefits of organ meats*](#) even if you don't want to handle and cook them.

CHOCOLATE BARS

Sugar-free USDA organic, [heirloom cacao](#) from Ecuador.

LAKANTO

Our go-to low-carb and [ketogenic sweetener*](#). There's even a sugar-free maple syrup for pancakes! Use coupon code PRIMALEDGEHEALTH for 20% off your order.

WILDLY ORGANIC

The [BEST coconut products*](#) I've ever tasted! Use coupon code PRIMALEDGEHEALTH for 10% off your order.

MOUNTAIN ROSE HERBS

Purveyors of [mineral rich salt*](#), organic herbs, spices, and teas.

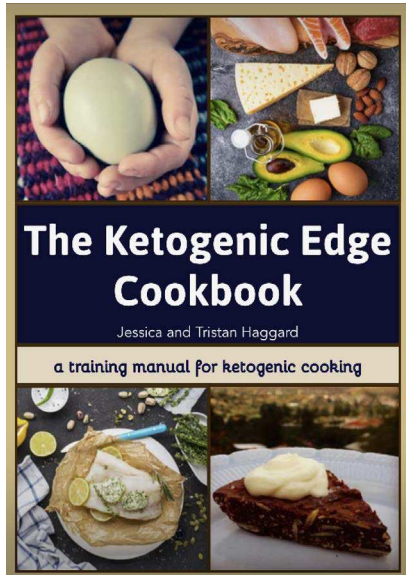
REAL PLANS

[Meal planning app*](#) for busy families and multi-diet households.

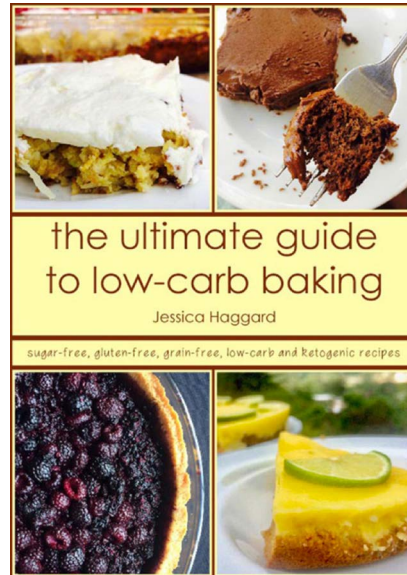
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THRIVE WITH SIMPLE KETO RECIPES



[Buy Here](#)



[Buy Here](#)

My cookbooks feature quick and easy recipes that maximize nutrient density and minimize time.

You will find a combination of slow-cooked, one pan, freezer friendly, and 30 minute meals sprinkled with a few fancier recipes here and there.

Ketogenic, Low-Carb, and Paleo

Gluten-Free | Grain-Free | Sugar-Free

Kid-Approved | Family-Friendly | Nutrient-Dense | From Scratch



FIND US ON SOCIAL MEDIA AND SAY "weQqo!"