The Ultimate Keto Diet Beginner's Guide & Grocery List

So you've made the decision to change your lifestyle and lose weight fast & easy with a keto diet – yay! But where do you start?

PROTEIN

- [ ] Salmon
- [ ] Chicken
- [ ] Turkey
- [ ] Beef
- [ ] Tuna
- [ ] Sardines
- [ ] Eggs
- [ ] Bacon

FAT

- [ ] Avocado
- [ ] Avocado Oil
- [ ] Coconut Oil
- [ ] Nuts
- [ ] MCT OIL
- [ ] Grass-Fed Butter
- [ ] Heavy Whipping Cream
- [ ] Full Fat Cheese

CARBS

- [ ] Butternut Squash
- [ ] Zucchini
- [ ] Carrots
- [ ] Spaghetti Squash
- [ ] Artichokes
- [ ] Mushrooms

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