

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

