

# Shopping list

## Vegetables

Alfalfa sprouts  
Cucumber  
Chinese cabbage  
Dark leafy greens  
Lettuce, all kinds  
Squash, zucchini  
Kale  
Green cabbage  
Celery  
Cauliflower  
Broccoli  
Radishes  
Tomato  
Chard  
Asparagus  
Chives  
Bell pepper  
Green chili pepper  
Brussels sprouts  
Aubergine  
Celeriac  
Kohlrabi  
Turnip  
Fennel  
Pumpkin  
Red cabbage  
Onions  
Dill, basil, parsley, nettles  
Artichoke  
Leek  
Green peas  
Cress peas  
Sunflower shoots  
Ginger, fresh  
Garlic  
Mushrooms

## Berries (use caution)

Raspberries  
Gooseberries  
Blackberries  
Strawberries  
Lemon, lime  
Blueberries  
Cranberries  
Black currants

## Meat

**Ground meat** from a variety of animals

**Pork:** fillet, chops, roast, ham

**Lamb:** roast, rack of lamb

**Beef:** entrecote, steak, fillet, prime rib, stew beef, roast beef

**Game meat:** venison, moose/elk, deer, reindeer, rabbit

**Organ meats:** liver, kidney, heart

**Poultry:** chicken, turkey, guinea fowl, grouse, duck, pheasant, dove, goose

**Cold cuts:** sausage, salami, meatballs (max. 5 g carbs/100 g)

## Fish and seafood

Fresh/frozen salmon, herring, fresh/smoked mackerel, cod, haddock, hoki, pike-perch, perch, flounder, shrimp, crab, lobster, clams, octopus, devilfish  
Fresh/canned tuna

## Eggs – fresh

## Dairy (goat/sheep)

Cheeses like Pecorino, Manchego, Feta, Brie

## Dairy (cow)

Butter  
Ghee

## Dairy substitutes

Coconut cream  
Coconut milk

## Dairy-free fat sources

Cold-pressed olive oil  
Cold-pressed avocado oil  
Cold pressed coconut oil  
Olives  
Avocado  
MCT  
Lard

## Pantry goods

Sea salt, herb salts  
Fresh/dried herbs  
Spices without additives  
Curry, ginger, turmeric  
Lemon, lime juice  
Tomato paste (unsweetened)  
Mustard Dijon  
Horseradish, wasabi

## Canned vegetables

Tomatoes: whole, crushed, sauce (unsweetened)  
Cornichons, pickles (unsweetened)  
Bamboo shoots, water chestnuts

## Fermented vegetables

Sauerkraut  
Fermented mixed vegetables  
Fermented cucumbers  
Kimchi

## Beverages

Coffee (regular or decaf)  
Tea, black, red, white  
Herb tea, fruit tea  
Carbonated water (unflavored or flavored)  
Water with slices of lemon, cucumber, berries