

# Keto Shopping

The quality of food you choose can go a long way in improving your health. Choosing lower quality foods can cause further inflammation in your body, which is what you are trying to avoid with this coaching program. Clearing up inflammation with better food choices is one of the best steps you can take to help the weight come off with less effort.

This shopping guide is meant to steer you in the right direction with your food choices. Choose the foods that taste best to you and fit your desired lifestyle; just make sure they are the highest quality you can afford. I will make some suggestions below:

## **Products from the grocery store:**

Grassfed, organic beef

Wild caught fish

Organic chicken thighs (or breasts with extra fat added)

Pasture raised eggs (cage free, organic)

High quality lunch meat (Boar's Head is my favorite brand)

Bacon

Organic, full fat cheese and full fat dairy (can stall some)

Bulk nuts and seeds

Organic, no stir peanut butter & nut butters

Organic produce

Almond flour (can cause some people to stall - use in moderation)

Coconut flour (use in moderation at first)

Pink himalayan salt

Beef or chicken bullion cubes (can help get you through keto flu. A high quality bone broth will always be a better choice though)

**[Thrive Market](#)** - there is a membership fee, however, it is easy to recoup this cost right away with Thrive Market. You will receive a 30 day free trial and free shipping on any order over \$49. BONUS - Many health products offered are even cheaper than Amazon and can arrive just as quickly.

If you do not yet have a membership, please use my affiliate link for 20% off your first three orders! Please [click here](#) to sign up. Remember to cancel prior to 30 days if you determine Thrive Market is not right for you.

**Products I order from Thrive Market:**

Endangered Species 88% Dark Chocolate  
Theo's 85% Dark Chocolate  
Great Lakes Collagen (green can dissolves in hot & cold water)  
Unsweetened cocoa  
Celtic sea salt  
Garden of Life Probiotics  
Primal Kitchen Mayo  
Nutiva Coconut Oil  
Epic Bars  
Wild Planet Canned Pink Salmon  
Coconut Secret Coconut Aminos  
Fatworks Tallow and Lard Eating  
Artisana Coconut Butter  
Primal Kitchen Avocado Oil  
Napa Valley Naturals Olive Oil  
Nuttzo Nut & Seed Butter

**Products I get from Costco:**

Organic coconut oil  
Organic chicken breasts and thighs  
Organic beef (grassfed is always better, but this can work on a budget)  
Salami and cheese sticks  
Riced cauliflower  
Organic heavy whipping cream  
Organic butter  
KerryGold butter

**Ossogood Bones**

Nutrient dense bone broth for when you are not able to make your own!  
Go to <https://www.ossogoodbones.com/> for their selection

*Disclaimer: Nissa Graun is not a doctor. Any information listed above should not be viewed as medical advice. This and all other forms are for educational purposes only and you should contact your doctor for all medical advice. Any messages found within these forms are informational based on ideas or processes that may have helped other individuals in a similar situation. You need to decide what is best for your body.*