

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.