

# FIRE PHASE SHOPPING LIST



During the Fire Phase, consume only foods on this approved list. (Note: Some foods on this list should be eaten in moderation. See recommended amounts of specific foods in the Keto360 User's Guide.)

## Fats and Oils (organic, high-quality)

- |                                                                                              |                                                  |                                                      |
|----------------------------------------------------------------------------------------------|--------------------------------------------------|------------------------------------------------------|
| <input type="checkbox"/> Avocado (½ per day)                                                 | <input type="checkbox"/> Coconut oil             | <input type="checkbox"/> Mayonnaise                  |
| <input type="checkbox"/> Avocado oil                                                         | <input type="checkbox"/> Extra virgin olive oil  | <input type="checkbox"/> Olives (¼ cup per day, max) |
| <input type="checkbox"/> Chia seed oil                                                       | <input type="checkbox"/> Flax seed oil           | <input type="checkbox"/> Sesame oil                  |
| <input type="checkbox"/> Coconut cream (cream skimmed off of the top of canned coconut milk) | <input type="checkbox"/> Ghee (clarified butter) |                                                      |
|                                                                                              | <input type="checkbox"/> Grass-fed butter        |                                                      |
|                                                                                              | <input type="checkbox"/> Macadamia nut oil       |                                                      |

## Proteins

### Red Meat (organic, grass-fed\*)

- ☐ Beef
- ☐ Bison
- ☐ Buffalo
- ☐ Elk
- ☐ Goat (chevon)
- ☐ Lamb
- ☐ Venison

\*Note: If organic and grass-fed options aren't available, it's best to prioritize grass-fed red meat.

### Seafood (wild-caught)

- |                                             |                                   |
|---------------------------------------------|-----------------------------------|
| <input type="checkbox"/> Bass               | <input type="checkbox"/> Sardines |
| <input type="checkbox"/> Cod                | <input type="checkbox"/> Snapper  |
| <input type="checkbox"/> Halibut            | <input type="checkbox"/> Tilapia  |
| <input type="checkbox"/> Haddock            | <input type="checkbox"/> Tuna     |
| <input type="checkbox"/> Ocean Perch        |                                   |
| <input type="checkbox"/> Orange roughy tuna |                                   |
| <input type="checkbox"/> Mahi mahi          |                                   |
| <input type="checkbox"/> Salmon             |                                   |

### Eggs (cage-free)

- ☐ Eggs, chicken
- ☐ Eggs, duck

### Poultry (organic, free-range)

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| <input type="checkbox"/> Chicken | <input type="checkbox"/> Pheasant |
| <input type="checkbox"/> Duck    | <input type="checkbox"/> Turkey   |

### Protein Powders

- ☐ Chia seed protein
- ☐ Collagen protein
- ☐ Protein made from bone broth

### Dairy (organic, grass-fed)

- |                                                                                          |                                |
|------------------------------------------------------------------------------------------|--------------------------------|
| <input type="checkbox"/> Hard cheeses (cheddar, jack, colby, parmesan, chevre, manchego) |                                |
| <input type="checkbox"/> Cottage cheese (organic, full-fat)                              | <input type="checkbox"/> Cream |

## Vegetables (organic)

- ☐ Anise/fennel root
- ☐ Artichoke
- ☐ Arugula
- ☐ Asparagus
- ☐ Beet greens
- ☐ Bell peppers
- ☐ Bok choy
- ☐ Broccoli
- ☐ Cabbage
- ☐ Cauliflower
- ☐ Celery
- ☐ Chard
- ☐ Collard greens
- ☐ Cucumbers
- ☐ Dill pickles (no sugar added)
- ☐ Garlic
- ☐ Green beans
- ☐ Greens
- ☐ Kale
- ☐ Kohlrabi
- ☐ Leeks
- ☐ Lettuce (all types)
- ☐ Mushrooms (all types)
- ☐ Okra
- ☐ Olives
- ☐ Onion/shallots
- ☐ Radishes
- ☐ Rhubarb
- ☐ Snow/sugar snap peas
- ☐ Spinach
- ☐ Sprouts
- ☐ Squash (spaghetti & summer but no butternut)
- ☐ Tomato
- ☐ Turnip
- ☐ Zucchini

## Fruits (organic)

- ☐ Avocado
- ☐ Blackberries
- ☐ Blueberries
- ☐ Grapefruit
- ☐ Granny Smith apple
- ☐ Lemon
- ☐ Lime
- ☐ Raspberries
- ☐ Strawberries

## Nuts & Seeds

- ☐ Almonds
- ☐ Almond butter
- ☐ Brazil nuts
- ☐ Cashews
- ☐ Chia seeds
- ☐ Coconut
- ☐ Coconut butter
- ☐ Coconut flour
- ☐ Flax seeds
- ☐ Hazelnuts
- ☐ Hemp seeds
- ☐ Macadamia nuts
- ☐ Pecans
- ☐ Pine nuts
- ☐ Pistachios
- ☐ Pumpkin seeds/pepitas
- ☐ Sesame seeds
- ☐ Sunflower seeds
- ☐ Walnuts

## Sweeteners

- ☐ Monk fruit
- ☐ Stevia

## Seasonings and Herbs

- ☐ Apple cider vinegar
- ☐ Balsamic vinegar (with no sugar added and in moderation)
- ☐ Basil
- ☐ Black pepper
- ☐ Chamomile
- ☐ Cinnamon
- ☐ Coconut aminos
- ☐ Coconut vinegar
- ☐ Coriander
- ☐ Garlic powder
- ☐ Himalayan pink salt
- ☐ Horseradish
- ☐ Hot peppers
- ☐ Mustard powder
- ☐ Oregano
- ☐ Passion flower
- ☐ Peppermint
- ☐ Thyme
- ☐ Turmeric

## Fermented Foods

- ☐ Fermented assorted veggies
- ☐ Kimchi
- ☐ Raw apple cider vinegar (ACV)
- ☐ Sauerkraut

## Supplements

- ☐ KetoFIRE™
- ☐ KetoPROTEIN™
- ☐ KetoFEAST™
- ☐ KetoBROTH™
- ☐ KetoPH™

## Beverages

- ☐ Almond milk (no added sugar)
- ☐ Coffee (preferably organic)
- ☐ Purified water
- ☐ Sparkling mineral water
- ☐ Stevia-sweetened, sugar-free sodas
- ☐ Tea (herbal, unsweetened, green, oolong, eleotin and yerba mate)