

# **KETO**

## **QUICKSTART**

### **FREE RESOURCES**

Download these resources and print off what you need! Journal pages and SAVVY keto trackers are included in this download. Simply print off the pages you want to use, even print off multiple copies so you can track over multiple days.

Happy tracking!

# KETO QUICKSTART

## recommended products & brands

### FATS & OILS

#### Artisana & Nutiva Brands

Online: [artisanaorganics.com](https://artisanaorganics.com),  
[amazon.com](https://amazon.com);  
local grocery stores  
Coconut oil

#### Epic

Online: [amazon.com](https://amazon.com);  
Whole Foods Market, local grocery  
stores  
Pork fat, beef tallow, and duck fat

#### Fatworks

Online: [fatworksfoods.com](https://fatworksfoods.com)  
Duck fat, lard, tallow

#### Kasandrinos Olive Oil

Online: [kasandrinos.com](https://kasandrinos.com)

#### Kerrygold Butter

Trader Joe's, Costco, Whole Foods  
Market, local grocery stores

#### Primal Kitchen Avocado Oil

Online: [amazon.com](https://amazon.com);  
Whole Foods Market, local grocery  
stores

#### Pure Indian Foods Ghee

Online: [pureindianfoods.com](https://pureindianfoods.com),  
[amazon.com](https://amazon.com);  
Local grocery stores

#### Smjor Butter

Local grocery stores

#### Tin Star Foods

Online: [tinstarfoods.com](https://tinstarfoods.com), [amazon.com](https://amazon.com)  
Organic, grass-fed ghee (jars and  
travel packets)

#### Tropical Traditions

Online: [tropicaltraditions.com](https://tropicaltraditions.com)  
Coconut oil (I recommend Green  
Label for best taste)

#### Wildly Organic (formerly Wilderness Family Naturals)

Online: [wildlyorganic.com](https://wildlyorganic.com)  
Organic coconut products and oils,  
natural red palm oil, olive oil, sesame  
seed oil

### FRESH PRODUCTS

#### Applegate Farms Meats

Most grocery stores  
Deli meats, breakfast sausages, and  
bacon

#### Bubbies Sauerkraut

Most grocery stores  
All flavors approved (check net carbs)

#### Chameleon Cold Brew

Online: [chameleoncoldbrew.com](https://chameleoncoldbrew.com),  
[amazon.com](https://amazon.com);  
Whole Foods Market, local grocery  
stores  
Unsweetened varieties, read your  
labels

#### Fab Ferments

Online: [fabferments.com](https://fabferments.com)  
Cultured veggies, kombucha

#### Farmhouse Culture

Online: [farmhouseculture.com](https://farmhouseculture.com) for  
locations  
Organic kraut, fermented vegetables,  
gut shots

#### G.T.'s Synergy

Whole Foods Market, local grocery  
stores  
Kombucha (check total carbs)

#### Pete's Paleo

Online: [petespaleo.com](https://petespaleo.com)  
Keto-friendly meals, bacon

#### Real Pickles

Whole Foods Market, local grocery  
stores

#### Tessemae's

Online: [tessemaes.com](https://tessemaes.com), [amazon.com](https://amazon.com);  
Whole Foods Market, local grocery  
stores  
Dressings, marinades, dips (check net  
carbs)

#### Siete Tortillas

Online: [amazon.com](https://amazon.com), [sietefoods.com](https://sietefoods.com);  
Whole Foods Market, local grocery  
stores  
Be conscious of your carb count when  
eating these!

#### Teton Waters Ranch

Online: [Tetonwatersranch.com](https://Tetonwatersranch.com) for  
locations  
100% grass-fed beef dinner sausages  
and hotdogs (check net carbs)

#### Vital Choice

Online: [vitalchoice.com](https://vitalchoice.com)  
Wild seafood, grass-fed meats

#### Vital Farms Eggs

Online: [Vitalfarms.com](https://Vitalfarms.com) for locations  
Pasture-raised eggs, grass-fed butter

#### Wholly Guacamole

Online: [eatwholly.com](https://eatwholly.com)  
Whole Foods Market, Costco, local  
grocery stores

#### Wildbrine

Whole Foods Market, local grocery  
stores  
Sauerkraut: various flavors

### JERKY/DRIED MEAT

#### Chomps

Online: [chomps.com](https://chomps.com), [amazon.com](https://amazon.com);  
Whole Foods Market, Trader Joe's,  
local grocery stores

#### Epic

Online: [epicbar.com](https://epicbar.com), [amazon.com](https://amazon.com);  
Whole Foods Market, Trader Joe's,  
local grocery stores  
Jerky bars, bites, and strips  
(check net carbs)

# KETO QUICKSTART

## recommended products & brands

### Steve's Paleogoods

Online: [stevespaleogoods.com](http://stevespaleogoods.com)

Beef jerky: Original Paleojerky, Grass-fed Paleojerky, Bison Paleojerky, Southwestern Sriracha Paleojerky (zero-carb varieties)

### US Wellness Meats

Online: [bit.ly/USWMBB](http://bit.ly/USWMBB)

Beef jerky, salami, sausages, honey/cherry-free pemmican

## SAUCES, CONDIMENTS, & DRESSINGS

### Annie's Homegrown Foods

Online: [amazon.com](http://amazon.com);

Whole Foods Market, local grocery stores

Organic mustards (yellow, Dijon, horseradish)

### Arizona Gunslinger

Online: [azgunslinger.com](http://azgunslinger.com),

[amazon.com](http://amazon.com);

Selected retailers

Organic Harvest gluten free hot sauces

### Bionaturae

Online: [amazon.com](http://amazon.com);

Whole Foods Market, local grocery stores

Balsamic vinegar

### Bragg's

Local grocery stores

Organic apple cider vinegar

### Coconut Secret

Online: [coconutsecret.com](http://coconutsecret.com),

[amazon.com](http://amazon.com);

Whole Foods Market, local grocery stores

Coconut aminos, coconut vinegar

### Eden Foods

Online: [edenfoods.com](http://edenfoods.com), [amazon.com](http://amazon.com);

Whole Foods Market, local grocery stores

Organic oils, vinegars, mustards (yellow, brown)

### Frank's Red Hot Sauce

Online: [franksredhot.com](http://franksredhot.com),

[amazon.com](http://amazon.com);

Major grocery stores

### Primal Kitchen

Online: [amazon.com](http://amazon.com);

Whole Foods Market, local grocery stores

Mayonnaise, dressings (read your labels for added sugar)

### Red Boat Fish Sauce

Online: [redboatfishsauce.com](http://redboatfishsauce.com);

Whole Foods Market, local grocery stores

## COCONUT, NUT BUTTER, & FLOURS

### Artisana & Nutiva Brands

Online: [artisanaorganics.com](http://artisanaorganics.com),

[amazon.com](http://amazon.com);

Local grocery stores

Almond butter (roasted or raw), coconut butter, coconut manna (jars and travel packets), etc.

### Barney Butter

Online: [barneybutter.com](http://barneybutter.com),

[amazon.com](http://amazon.com)

Sugar-free almond butters: Bare Smooth, Raw + chia (jars and travel packets)

### Bob's Red Mill

Online: [bobsredmill.com](http://bobsredmill.com), [amazon.com](http://amazon.com);

Major grocery stores

Almond, coconut, hazelnut meal/flours

### Honeyville

Online: [honeyville.com](http://honeyville.com)

Blanched almond flour, natural almond flour, organic coconut flour, organic coconut oil

### Justin's Nut Butter

Online: [justins.com](http://justins.com), [amazon.com](http://amazon.com);

Local grocery stores

Classic almond, cashew, and peanut butters (jars and travel packets)

### Edward & Son's, Let's Do...Organic

Online: [amazon.com](http://amazon.com);

Whole Foods Market, local grocery stores

Coconut flour, creamed coconut, shredded coconut, coconut flakes, etc.

### Maranatha

Online: [maranathafoods.com](http://maranathafoods.com),

[amazon.com](http://amazon.com);

Whole Foods Market, local grocery stores

Almond butters, sunflower seed butter, sesame tahini

### Mee Eat Paleo

Online: [meeeatpaleo.com](http://meeeatpaleo.com)

Paleo Meenut Butter: almond butter blends (all varieties)

### Once Again Nut Butters

Online: [onceagainnutbutter.com](http://onceagainnutbutter.com),

[amazon.com](http://amazon.com);

Whole Foods Market

Unsweetened almond butter, tahini, peanut butter (jars and travel packets)

### Sunbutter

Online: [sunbutter.com](http://sunbutter.com), [amazon.com](http://amazon.com);

Local grocery stores

Organic, unsweetened sunflower seed butter

### Thai Kitchen

Online: [amazon.com](http://amazon.com);

Local grocery stores

Full-fat coconut milk (canned)

# KETO QUICKSTART

## recommended products & brands

### Trader Joe's Store Brand

Online: [traderjoes.com](https://www.traderjoes.com) for locations  
Full-fat coconut milk and coconut cream (canned), blanched almond flour, almond butter, peanut butter, sunflower seed butter

### Tropical Traditions

Online: [tropicaltraditions.com](https://www.tropicaltraditions.com)  
Shredded coconut, coconut chips, coconut flour, coconut cream concentrate

### Whole Foods Store Brand

Online: [wholefoodsmarket.com](https://www.wholefoodsmarket.com) for locations  
Full-fat coconut milk (canned)

### Wildly Organic (formerly Wilderness Family Naturals)

Online: [wildlyorganic.com](https://www.wildlyorganic.com)  
Organic almond flour, coconut flour, coconut, coconut cream, coconut milk powder, nuts, nut butters

## HERBAL TEAS

### Traditional Medicinals

Online: [amazon.com](https://www.amazon.com);  
Whole Foods Market, local grocery stores  
All herbal tea varieties

## BAKING ITEMS

### If You Care and PaperChef Brands

Online: [amazon.com](https://www.amazon.com);  
Whole Foods Market, local grocery stores  
Unbleached parchment paper and muffin liners

### NOW Better Stevia (Organic)

Online: [nowfoods.com](https://www.nowfoods.com), [amazon.com](https://www.amazon.com)  
Liquid stevia extract

### Redmond Real Salt

Online: [realsalt.com](https://www.realsalt.com), [amazon.com](https://www.amazon.com);  
Major grocery stores  
Various unrefined salts

### Tropical Traditions

Online: [tropicaltraditions.com](https://www.tropicaltraditions.com)  
Cocoa powder, shredded coconut

### Wildly Organic (formerly Wilderness Family Naturals)

Online: [wildlyorganic.com](https://www.wildlyorganic.com)  
Organic raw cacao powder, organic herbs & spices, natural unrefined salts

## PANTRY ITEMS & SNACKS

### Balanced Bites Spices

Online: [bbspices.com](https://www.bbspices.com)  
All blends are sweetener free, except Coffee BBQ

### Bear & Wolf

Costco  
Canned, wild-caught salmon

### Bionaturae, Jovial, & Pomi Brands

Online: [amazon.com](https://www.amazon.com);  
Whole Foods Market, local grocery stores  
Tomato products, strained tomatoes, chopped tomatoes

### Emerald Cove & Eden Foods

Online: [amazon.com](https://www.amazon.com);  
Whole Foods Market, local grocery stores, Asian markets  
Nori (dried seaweed paper)

### Epic

Online: [amazon.com](https://www.amazon.com);  
Whole Foods Market, local grocery stores  
Pork rinds (Artisinal or Oven Baked)

### Frontier Co-op

Online: [frontiercoop.com](https://www.frontiercoop.com), [amazon.com](https://www.amazon.com);  
Whole Foods Market, local grocery stores  
Herbs & spices

### Improve-eat

Online: [improveeat.com](https://www.improveeat.com)  
Coconut wraps

### Mediterranean Organic

Online: [amazon.com](https://www.amazon.com);  
Local grocery stores  
Olives, other grocery items—read labels

### Mountain Rose Herbs

Online: [mountainroseherbs.com](https://www.mountainroseherbs.com)  
Herbs & spices

### Phat Fudge

Online: [phatfudge.com](https://www.phatfudge.com)  
(to order, and for locations)  
Cacao-based energy & performance snack (travel packets)

### Seasnax

Online: [seasnax.com](https://www.seasnax.com), [amazon.com](https://www.amazon.com);  
Local grocery stores  
Organic herbs & spices

### Simply Organic

Online: [simplyorganic.com](https://www.simplyorganic.com), [amazon.com](https://www.amazon.com);  
Local grocery stores  
Organic herbs & spices

### Vital Choice

Online: [vitalchoice.com](https://www.vitalchoice.com)  
Canned wild seafood (sardines, tuna, salmon, etc.)

### Wild Planet

Online: [amazon.com](https://www.amazon.com);  
Local grocery stores  
Canned sardines and wild-caught salmon

# KETO FOODS LIST

FOOD	SERVING	SERVING WEIGHT	TOTAL CARBS (g)	FIBER (g)	NET CARBS (g)	PROTEIN (g)	FAT (g)
<b>ZERO-CARB VEGGIES (&lt;1 g per serving)</b>							
Bamboo shoots (cooked)	1/2 cup	60 g	1.15	0.6	0	0.0	0.0
Celery (raw)	1/2 cup	50 g	1.49	0.8	0	0.0	0.0
Daikon / white icicle radish (raw)	1/2 cup	50 g	1.32	0.7	0	0.0	0.0
Garlic (raw)	1 tsp	3 g	0.99	0.06	0	0.0	0.0
Fresh herbs (cilantro, mint, parsley, etc.)	1/4 cup	Variable	0.66	0.36	0	0.0	0.0
Leafy greens (arugula, bok choy, endive, lettuce, spinach, turnip greens, watercress, etc.)	1 cup raw or 1/2 cup cooked	Variable	1.44	1.04	0	0.0	0.0
Mushrooms, white (raw)	1/2 cup raw or 1/4 cup cooked	35 g	1.14	0.35	0	1.1	0.0
Rapini / broccoli raab / broccoli rabe (cooked)	1/2 cup	42 g	1.31	1.18	0	1.6	0.0
Spices	n/a	-	-	-	0	-	-
Sprouts (alfalfa, broccoli, radish, etc.; raw)	1/2 cup	17 g	0.36	0.32	0	0.0	0.0
<b>VERY-LOW-CARB VEGGIES</b>							
<b>(1-2 g net carbs per serving)</b>							
Asparagus (cooked)	1/2 cup	90 g	3.7	1.8	1.9	2.2	0.0
Cauliflower (cooked)	1/2 cup	62 g	2.55	1.43	1.1	1.1	0.0
Chard (cooked)	1/2 cup	88 g	3.63	1.85	1.8	1.7	0.0
Collard greens (cooked)	1/2 cup	95 g	5.37	3.8	1.6	2.6	0.0
Cucumbers (raw)	1/2 cup	52 g	3.7	1.8	1.6	0.0	0.0
Fennel bulb (raw)	1/2 cup	44 g	3.21	1.36	1.9	0.0	0.0
Green onions	1/4 cup	24 g	1.76	0.64	1.1	0.0	0.0
Hearts of palm (canned)	1/2 cup	73 g	3.37	1.75	1.6	1.8	0.0
Kohlrabi (raw)	1/2 cup	68 g	4.22	2.45	1.8	1.2	0.0
Leafy greens (purslane, radicchio, etc.)	1 cup raw or 1/2 cup cooked	42 g	1.63	0.18	1.5	0.0	0.0
Mushrooms, portobello (raw or cooked)	1/2 cup	43 g	1.66	0.56	1.1	0.0	0.0
Mustard greens	1 cup raw or 1/2 cup cooked	70 g	3.16	1.4	1.8	1.8	0.0
Okra (cooked)	1/2 cup	80 g	3.61	2	1.6	1.5	0.0
Radishes (raw)	1/2 cup	58 g	1.97	0.93	1.0	0.0	0.0
Shallots (raw)	1 tbsp chopped	10 g	1.68	0.32	1.4	0.0	0.0
<b>(2-3 g net carbs per serving)</b>							
Artichokes (cooked)	1/2 cup	84 g	10.04	7.22	2.8	2.4	0.0
Broccoli (cooked)	1/2 cup	78 g	5.6	2.57	3.0	1.9	0.0
Cabbage	1 cup raw or 1/2 cup cooked	70 g	4.06	1.75	2.3	0.0	0.0
Dandelion greens (raw)	1 cup	55 g	5.06	1.93	3.1	1.5	0.0
Eggplant (cooked)	1/2 cup	50 g	4.37	1.25	3.1	0.0	0.0
Green beans / snap beans (cooked)	1/2 cup	63 g	4.96	2.02	3.0	1.2	0.0
Jicama / yambean (raw)	1/2 cup	60 g	5.29	2.94	2.4	0.0	0.0
Peppers (raw or cooked)	1/2 cup	75 g	4.52	1.58	2.9	0.0	0.0
Sprouts, mung bean (raw)	1/2 cup	52 g	3.09	0.94	2.2	1.6	0.0
Summer squash (zucchini, yellow squash, etc.; cooked)	1/2 cup	90 g	3.88	1.26	2.6	0.0	0.0
Tomatoes and tomatillos (raw)	1/2 cup	90 g	3.5	1.08	2.4	0.0	0.0

FOOD	SERVING	SERVING WEIGHT	TOTAL CARBS (g)	FIBER (g)	NET CARBS (g)	PROTEIN (g)	FAT (g)
<b>(3-5 g net carbs per serving)</b>							
Brussels sprouts (cooked)	1/2 cup	78 g	5.54	2.03	3.5	2.0	0.0
Carrots (raw or cooked)	1/2 cup	61 g	5.84	1.71	4.1	0.0	0.0
Kale (raw or cooked)	1 cup	67 g	5.57	1.14	4.4	1.9	0.0
Kohlrabi (cooked)	1/2 cup	83 g	5.55	0.91	4.6	1.5	0.0
Leeks (cooked)	1/2 cup	52 g	3.96	0.52	3.4	0.0	0.0
Rutabagas (cooked)	1/2 cup	85 g	5.81	1.53	4.3	0.0	0.0
Snow peas / snap peas	1 cup raw or 1/2 cup cooked	80 g	3.45	1.37	4.0	1.6	0.0
Spaghetti squash (cooked)	1/2 cup	78 g	5.04	1.09	4.0	0.0	0.0
Tomatoes (cooked)	1/2 cup	120 g	4.81	0.84	4.0	1.1	0.0
Turnips (mashed and cooked)	1/2 cup	115 g	5.82	2.3	3.5	0.0	0.0
<b>LOW-CARB VEGGIES (7-10 g net carbs per serving)</b>							
Arrowroot (raw)	1/2 cup	60 g	8.03	0.78	7.3	2.5	0.0
Beets (cooked)	1/2 cup	85 g	8.47	1.7	6.8	1.4	0.0
Green peas (cooked)	1/2 cup	80 g	12.5	4.4	8.1	4.3	0.0
Lotus roots (cooked)	1/2 cup	60 g	9.61	1.86	7.8	0.0	0.0
Onions (raw)	1/2 cup	80 g	7.47	1.36	6.1	0.0	0.0
Onions (cooked)	1/2 cup	105 g	10.66	1.47	9.2	1.4	0.0
Parsnips (raw)	1/2 cup	67 g	12.05	3.28	8.8	0.0	0.0
Winter squash (butternut, kabocha, pumpkin, etc.)	1/2 cup	103 g	8.85	1.55	7.3	0.0	0.0
<b>MODERATE-CARB VEGGIES (10-15 g net carbs per serving)</b>							
Parsnips (cooked)	1/2 cup	78 g	13.27	2.81	10.5	1.0	0.0
Sunchokes / Jerusalem artichokes	1/2 cup	75 g	13.08	1.2	11.9	1.5	0.0
White potato (cooked)	1/2 cup	78 g	16.5	1.72	14.8	2.0	0.0
<b>HIGH-CARB VEGGIES &amp; TUBERS (&gt;15 g net carbs per serving)</b>							
Cassava / yucca (raw)	1/2 cup	103 g	39.2	1.85	37.4	1.4	0.0
Plantains (cooked)	1/2 cup	77 g	23.99	1.77	22.2	0.6	0.0
Sweet potatoes (cooked)	1/2 cup	100 g	20.71	3.3	17.4	2.0	0.0
Taro (cooked)	1/2 cup	66 g	22.84	3.37	19.5	0.3	0.0
Yams (cooked)	1/2 cup	68 g	18.69	2.65	16.0	1.0	0.0
<b>VERY-LOW-CARB FRUITS</b>							
<b>(&lt;3 g net carbs per serving)</b>							
Avocados (raw)	1/2 avocado	73 g	6.31	4.96	1.4	1.43	11.25
Coconut meat, dried, unsweetened	1 ounce	28 g	6.62	4.56	2.1	1.93	18.07
Coconut meat, raw	1/2 cup	40 g	6.09	3.6	2.5	1.33	13.4
Coconut milk (full-fat)	1 tbsp	15 g	0.42	0.0	0.0	0.0	3.2
Kumquats (raw)	1 kumquat	19 g	3.02	1.24	1.8	0.0	0.0
Lemon juice (raw)	1 fluid ounce	30 g	2.07	0.09	2.0	0.0	0.0
Lime juice (raw)	1 fluid ounce	31 g	2.61	0.12	2.5	0.0	0.0
Olives	1 ounce	28 g	1.75	0.9	0.0	0.0	3.0
Rhubarb (raw)	1/2 cup	61 g	2.77	1.1	1.7	0.0	0.0
Starfruit / carambola (raw)	1/2 cup	54 g	3.63	1.51	2.1	0.0	0.0
<b>(3-5 g net carbs per serving)</b>							
Blackberries (raw)	1/2 cup	72 g	6.92	3.82	3.1	1.0	0.0
Cranberries (raw)	1/2 cup	55 g	6.71	2.53	4.2	0.0	0.0
Raspberries (raw)	1/2 cup	62 g	7.4	4.03	3.4	0.0	0.0
Strawberries (raw)	1/2 cup	76 g	5.84	1.52	4.3	0.0	0.0

Note that some items have been assigned an approximate value within about 1-2 grams.

When more than one kind of a food is listed in a single row (e.g., more than one kind of steak), the nutritional information is an average of all the kinds specified. Averages were only calculated when the difference between the varieties was negligible. Foods that come in packages (e.g., sardines and tuna) are not listed; read package labels for nutritional data. Protein and fat are not listed if the amounts are negligible.

FOOD	SERVING	SERVING WEIGHT	TOTAL CARBS (g)	FIBER (g)	NET CARBS (g)	PROTEIN (g)	FAT (g)
<b>LOW-CARB FRUITS (5-10 g net carbs)</b>							
Apples (raw)	1/2 cup	55 g	7.6	1.32	6.3	0.0	0.0
Apricots (raw)	1/2 cup	78 g	8.67	1.56	7.1	1.1	0.0
Blueberries (raw)	1/2 cup	74 g	10.72	1.78	9.0	0.0	0.0
Cantaloupe (raw)	1/2 cup	89 g	7.26	0.8	6.5	0.0	0.0
Guavas (raw)	1/2 cup	83 g	11.89	4.48	7.4	2.1	0.0
Honeydew melon (raw)	1/2 cup	89 g	8.09	0.71	7.4	0.0	0.0
Nectarines (raw)	1/2 cup	72 g	7.6	1.22	6.4	0.0	0.0
Oranges (various kinds; raw)	1/2 cup	90 g	10.58	2.16	8.4	0.0	0.0
Papayas (raw)	1/2 cup	70 g	7.57	1.19	6.4	0.0	0.0
Peaches (raw)	1/2 cup	77 g	7.35	1.16	6.2	0.0	0.0
Pears (raw)	1/2 cup	81 g	12.34	2.51	9.8	0.0	0.0
Persimmons (raw) 1 small persimmon	25 g	8.38	0	8.4	0.0	0.0	0.0
Pineapples (raw)	1/2 cup	83 g	10.89	1.16	9.7	0.0	0.0
Plums (raw)	1/2 cup	83 g	9.48	1.16	8.3	0.0	0.0
Pomegranate seeds (raw)	1/2 cup	44 g	8.23	1.76	6.5	0.0	0.0
Watermelon (raw)	1/2 cup	77 g	5.81	0.31	5.5	0.0	0.0
<b>MODERATE-CARB FRUITS (10-15 g net carbs)</b>							
Cherries (raw)	1/2 cup	77 g	12.33	1.62	10.7	0.0	0.0
Grapefruit (pink/red; raw)	1/2 cup	115 g	12.26	1.84	10.4	0.0	0.0
Grapes (raw)	1/2 cup	76 g	13.76	0.68	13.1	0.0	0.0
Kiwis (raw)	1/2 cup	89 g	13.05	2.67	10.4	1.0	0.0
Lychees / litchis (raw)	1/2 cup	95 g	15.7	1.24	14.5	0.0	0.0
Mangoes (raw)	1/2 cup	83 g	12.43	1.33	11.1	0.0	0.0
Tangerines (raw)	1/2 cup	98 g	13.07	1.76	11.3	0.0	0.0
<b>HIGH-CARB FRUITS (15-25 g net carbs)</b>							
Bananas (raw)	1/2 cup	75 g	17.13	1.95	15.2	0.0	0.0
Figs (raw)	1/2 cup	153 g	29.35	4.44	24.9	1.2	0.0
Passionfruit / granadilla (raw)	1/2 cup	118 g	27.59	12.27	15.3	2.6	0.0
<b>VERY LOW-CARB NUTS &amp; SEEDS (&lt;2g net carbs per serving)</b>							
Brazil nuts (unblanched)	1 ounce	28 g	3.44	2.1	1.3	4.0	18.6
Macadamia nuts (dry roasted, with salt)	1 ounce	28 g	3.59	2.24	1.4	2.1	21.3
Pecans (dry roasted, without salt)	1 ounce	28 g	3.79	2.63	1.2	2.7	20.8
Pumpkin seeds / pepitas	1 tbsp	9 g	1.54	0.34	1.2	2.12	3.96
Sesame seeds (dried)	1 tbsp	9 g	2.11	1.06	1.1	1.6	4.5
Sunflower seeds (dried)	1 tbsp	9 g	1.8	0.77	1.0	1.9	4.6
<b>LOW-CARB NUTS (&lt;5 g net carbs)</b>							
Almond butter (with salt)	2 tbsp	32 g	6.02	3.3	2.7	6.7	17.8
Almonds (dry roasted, with salt)	1 ounce	28 g	5.94	3.05	2.9	5.9	14.6
Hazelnuts (dry roasted, without salt)	1 ounce	28 g	4.93	2.63	2.3	4.2	17.5
Peanut butter (with salt)	2 tbsp	32 g	6.26	1.92	4.3	8.0	16.1
Peanuts (dry roasted, with salt)	1 ounce	28 g	6.02	2.24	3.8	6.6	13.9
Pine nuts	1 ounce	28 g	3.66	1.04	2.6	3.8	19.1
Walnuts	1 ounce	28 g	3.84	1.88	2.0	4.3	18.3
<b>MODERATE-CARB NUTS &amp; SEEDS (5-10 g net carbs per serving)</b>							
Cashews	1 ounce	28 g	9.2	0.9	8.3	5.1	12.3
Pistachios (dry roasted, with salt)	1 ounce	28 g	8.02	2.77	5.3	5.9	12.6
Sesame seed butter / tahini	2 tbsp	30 g	7.86	2.8	5.1	5.3	14.4
Sunflower seed butter (with salt)	2 tbsp	32 g	7.46	1.82	5.6	5.5	17.7
<b>(&gt;10 g net carbs per serving)</b>							
Chestnuts (roasted)	1 ounce	28 g	14.83	1.43	13.4	0.0	0.0

FOOD	SERVING	SERVING WEIGHT	TOTAL CARBS (g)	FIBER (g)	NET CARBS (g)	PROTEIN (g)	FAT (g)
<b>ZERO-CARB DAIRY</b>							
Butter (salted)	1 tbsp	14 g	0	0	0.0	0.0	7.7
Cheese, hard (cow or goat)	1 ounce	28 g	0.9	0	0.0	10.0	7.2
Cheese, soft (cow or goat)	1 ounce	28 g	0.13	0	0.0	5.8	7.8
Ghee / clarified butter	1 tbsp	13 g	0	0	0.0	0.0	12.9
Mozzarella cheese, whole milk (cow)	1 ounce	28 g	28 g	0	0.0	6.2	6.3
<b>VERY-LOW-CARB DAIRY (&lt;5 g per serving)</b>							
Cottage cheese (cow)	1/2 cup	113 g	3.82	0	3.8	12.6	4.9
Ricotta cheese, whole milk (cow)	1/2 cup	124 g	3.77	0	3.8	14.0	16.1
<b>MODERATE-CARB DAIRY (10-15 g per serving)</b>							
Milk, whole (cow or goat)	1 cup	244 g	11.66	0	11.7	7.7	8.0
Milk, whole (sheep)	1 cup	245 g	13.13	0	13.1	14.7	17.2
Yogurt (full-fat)	1 cup	246 g	11.46	0	11.46	4.3	4.0
<b>PROTEINS</b>							
Beef, brisket, 1/8" fat (cooked)	4 ounces	112 g	-	-	0	30.0	20.6
Beef, ground (80% lean) (cooked)	4 ounces	112 g	-	-	0	30.0	20.0
Beef, ground (85% lean) (cooked)	4 ounces	112 g	-	-	0	30.0	17.3
Beef, ground (90% lean) (cooked)	4 ounces	112 g	-	-	0	30.0	13.1
Beef, lean steak (flank, chuck roast / pot roast, NY strip; cooked)	4 ounces	112 g	-	-	0	30.0	10.0
Beef, fattier steak (beef ribs, rib eye / Delminico, short loin / T-bone, skirt steak; cooked)	5 ounces	112 g	-	-	1	30.0	20.0
Bison, ground (cooked)	4 ounces	112 g	-	-	0	28.5	9.7
Bison, steak or roast (cooked)	4 ounces	112 g	-	-	0	32.0	6.0
Chicken, light/white meat (breast, boneless, skinless; cooked)	4 ounces	112 g	-	-	0	34.7	4.0
Chicken, dark meat (thighs or drumstick, bone-in, skin-on; cooked)	4 ounces	112 g	-	-	0	25.4	16.6
Chicken, wings (bone-in, skin-on; cooked)	4 ounces	112 g	-	-	0	30.1	21.8
Egg, whole	1 large egg	50 g	0.4	0	0	6	5
Pork, bacon (cooked)	1 slice	8 g	-	-	0	3.0	3.3
Pork, ground or ribs (meat only, cooked)	4 ounces	112 g	-	-	0	28.8	23.3
Pork, ham roast (bone-in; cooked)	4 ounces	112 g	-	-	0	29.1	3.4
Pork, loin chops, lean (cooked)	4 ounces	112 g	-	-	1	29.3	7.6
Pork, spare ribs (cooked)	4 ounces	112 g	-	-	0	32.6	33.9
Turkey, white meat	4 ounces	112 g	-	-	0	28.0	1.0
Turkey, dark meat	4 ounces	112 g	-	-	0	28.0	2.5
Cod (cooked)	4 ounces	112 g	-	-	0	22.9	0.3
Crab (cooked)	4 ounces	112 g	-	-	0	20.0	0.8
Lobster (cooked)	4 ounces	112 g	-	-	0	21.3	1.0
Salmon (cooked)	4 ounces	112 g	-	-	0	25.0	4.7
Scallops (cooked)	4 ounces	112 g	-	-	1	26.0	1.5
Shrimp (cooked)	4 ounces	112 g	-	-	1.7	25.5	1.9
Snapper (cooked)	4 ounces	112 g	-	-	0	29.5	1.9
Tuna, fresh (cooked)	4 ounces	112 g	-	-	0	33.5	7.0
<b>VERY-LOW-CARB PROTEINS (&lt;5g net carbs per serving)</b>							
Oysters (raw)	4 ounces	112 g	-	-	4.3	8.5	2.3

# DAY #

## DAILY JOURNAL

### SLEEP TIME & QUALITY

in bed: \_\_\_\_\_

\_\_\_\_\_

woke up: \_\_\_\_\_

\_\_\_\_\_

excellent     fair

good         poor

### EXERCISE

time: \_\_\_\_\_

duration: \_\_\_\_\_

type: \_\_\_\_\_

how it felt: \_\_\_\_\_

### MOOD & ENERGY

excellent     fair

good         poor

### WHAT I ATE FOR...

breakfast \_\_\_\_\_ snack (if any) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

lunch \_\_\_\_\_ dinner \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### TODAY'S CRAVINGS (IF ANY)

I think I may have been craving this food because: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I managed this craving by: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**TODAY'S WIN:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**TODAY'S CHALLENGE:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**OTHER NOTES ABOUT TODAY:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# SAVVY KETO Daily Tracker



TODAY'S DATE: \_\_\_\_\_

## CARBS (30 grams net carbs goal)

1g									
1g									
1g									

## PROTEIN (95 grams goal)

5g	5g	5g	5g	5g	5g	
5g	5g	5g	5g	5g	5g	
5g						

## FAT (85 grams goal)

5g	5g	5g	5g	5g	
5g	5g	5g	5g	5g	5g
5g	5g	5g	5g	5g	5g

COMMONLY EATEN CARBS	
<i>Carbs per 1/2 cup cooked unless noted. All carbs listed are net.</i>	
	CARBS
asparagus	2 g
bell peppers	3 g
broccoli	3 g
Brussels sprouts	3.5 g
cabbage (per 1/2 cup raw or 1/2 cup cooked)	2 g
carrots	4 g
cauliflower	1 g
cucumber	1.5 g
eggplant	3 g
green beans	3 g
leafy greens per 1 cup raw or 1/2 cup cooked (includes kale, lettuces, spinach, etc.)	1 g
lemon or lime juice (per ounce)	2 g
mushrooms	1 g
onions (per 1/4 cup raw)	3 g
raspberries	3.5 g
spaghetti squash	4 g
tomatoes (per 1/2 cup raw)	2.5 g
winter squash (includes butternut, delicata, etc.)	7 g

COMMONLY EATEN PROTEINS		
<i>Protein and fat grams per 4 oz cooked unless noted. All carbs listed are net.</i>		
	PROTEIN	FAT
bison	28 g	7 g
chicken, dark meat (leg/thigh)	25 g	16 g
chicken, white meat (breast)	35 g	4 g
chicken wings	30 g	28 g
egg (1 large)	6 g	5 g
ground beef (85% lean)	30 g	17 g
ground pork	28 g	23 g
ground turkey	28 g	2 g
lamb	28 g	22 g
pork, fatty cuts	28 g	23 g
pork, lean cuts	30 g	7 g
salmon	25 g	5 g
scallops	26 g	1.5 g
shrimp 2 g CARBS	25 g	2 g
steak, fatty	30 g	20 g
steak, lean	30 g	10 g
turkey	28 g	2 g

COMMONLY EATEN FATS			
<i>Fat grams per 1 tablespoon or 1 ounce unless noted. All carbs listed are net.</i>			
		PROTEIN	FAT
avocado (1/4)	1 g CARB	1 g	5 g
bacon (per average slice)		3 g	4 g
butter			11 g
cheese, hard		10 g	7 g
cheese, soft		6 g	8 g
coconut milk, full-fat			3 g
ghee			15 g
mayonnaise			12 g
nut butters (average, 2 tablespoons)	3 g CARBS	7 g	16 g
nuts (average)		6 g	15 g
nuts (Brazil, macadamia, pecans)	1 g CARB	2 g	21 g
oils (all)			15 g
olives	1 g CARB		3 g

# SAVVY KETO Daily Tracker



TODAY'S DATE: \_\_\_\_\_

## CARBS (30 grams net carbs goal)

1g									
1g									
1g									

## PROTEIN (115 grams goal)

5g							
5g							
5g							

## FAT (115 grams goal)

5g							
5g							
5g							

COMMONLY EATEN CARBS	
<i>Carbs per 1/2 cup cooked unless noted. All carbs listed are net.</i>	
	CARBS
asparagus	2 g
bell peppers	3 g
broccoli	3 g
Brussels sprouts	3.5 g
cabbage (per 1 cup raw or 1/2 cup cooked)	2 g
carrots	4 g
cauliflower	1 g
cucumber	1.5 g
eggplant	3 g
green beans	3 g
leafy greens per 1 cup raw or 1/2 cup cooked (includes kale, lettuces, spinach, etc.)	1 g
lemon or lime juice (per ounce)	2 g
mushrooms	1 g
onions (per 1/4 cup raw)	3 g
raspberries	3.5 g
spaghetti squash	4 g
tomatoes (per 1/2 cup raw)	2.5 g
winter squash (includes butternut, delicata, etc.)	7 g

COMMONLY EATEN PROTEINS		
<i>Protein and fat grams per 4 oz cooked unless noted. All carbs listed are net.</i>		
	PROTEIN	FAT
bison	28 g	7 g
chicken, dark meat (leg/thigh)	25 g	16 g
chicken, white meat (breast)	35 g	4 g
chicken wings	30 g	28 g
egg (1 large)	6 g	5 g
ground beef (85% lean)	30 g	17 g
ground pork	28 g	23 g
ground turkey	28 g	2 g
lamb	28 g	22 g
pork, fatty cuts	28 g	23 g
pork, lean cuts	30 g	7 g
salmon	25 g	5 g
scallops	26 g	1.5 g
shrimp	25 g	2 g
steak, fatty	30 g	20 g
steak, lean	30 g	10 g
turkey	28 g	2 g

COMMONLY EATEN FATS			
<i>Fat grams per 1 tablespoon or 1 ounce unless noted. All carbs listed are net.</i>			
		PROTEIN	FAT
avocado (1/4)	1 g CARB	1 g	5 g
bacon (per average slice)		3 g	4 g
butter			11 g
cheese, hard		10 g	7 g
cheese, soft		6 g	8 g
coconut milk, full-fat			3 g
ghee			15 g
mayonnaise			12 g
nut butters (average, 2 tablespoons)	3 g CARBS	7 g	16 g
nuts (average)		6 g	15 g
nuts (Brazil, macadamia, pecans)	1 g CARB	2 g	21 g
oils (all)			15 g
olives	1 g CARB		3 g

# SAVVY KETO Daily Tracker



TODAY'S DATE: \_\_\_\_\_

## CARBS (30 grams net carbs goal)

1g									
1g									
1g									

## PROTEIN (115 grams goal)

5g							
5g							
5g							

## FAT (130 grams goal)

5g								
5g								
5g								

COMMONLY EATEN CARBS	
<i>Carbs per 1/2 cup cooked unless noted. All carbs listed are net.</i>	
	CARBS
asparagus	2 g
bell peppers	3 g
broccoli	3 g
Brussels sprouts	3.5 g
cabbage (per 1 cup raw or 1/2 cup cooked)	2 g
carrots	4 g
cauliflower	1 g
cucumber	1.5 g
eggplant	3 g
green beans	3 g
leafy greens per 1 cup raw or 1/2 cup cooked (includes kale, lettuces, spinach, etc.)	1 g
lemon or lime juice (per ounce)	2 g
mushrooms	1 g
onions (per 1/4 cup raw)	3 g
raspberries	3.5 g
spaghetti squash	4 g
tomatoes (per 1/2 cup raw)	2.5 g
winter squash (includes butternut, delicata, etc.)	7 g

COMMONLY EATEN PROTEINS		
<i>Protein and fat grams per 4 oz cooked unless noted. All carbs listed are net.</i>		
	PROTEIN	FAT
bison	28 g	7 g
chicken, dark meat (leg/thigh)	25 g	16 g
chicken, white meat (breast)	35 g	4 g
chicken wings	30 g	28 g
egg (1 large)	6 g	5 g
ground beef (85% lean)	30 g	17 g
ground pork	28 g	23 g
ground turkey	28 g	2 g
lamb	28 g	22 g
pork, fatty cuts	28 g	23 g
pork, lean cuts	30 g	7 g
salmon	25 g	5 g
scallops	26 g	1.5 g
shrimp	25 g	2 g
steak, fatty	30 g	20 g
steak, lean	30 g	10 g
turkey	28 g	2 g

COMMONLY EATEN FATS			
<i>Fat grams per 1 tablespoon or 1 ounce unless noted. All carbs listed are net.</i>			
		PROTEIN	FAT
avocado (1/4)	1 g CARB	1 g	5 g
bacon (per average slice)		3 g	4 g
butter			11 g
cheese, hard		10 g	7 g
cheese, soft		6 g	8 g
coconut milk, full-fat			3 g
ghee			15 g
mayonnaise			12 g
nut butters (average, 2 tablespoons)	3 g CARBS	7 g	16 g
nuts (average)		6 g	15 g
nuts (Brazil, macadamia, pecans)	1 g CARB	2 g	21 g
oils (all)			15 g
olives	1 g CARB		3 g

# SAVVY KETO Daily Tracker



TODAY'S DATE: \_\_\_\_\_

## CARBS (30 grams net carbs goal)

1g									
1g									
1g									

## PROTEIN (130 grams goal)

5g								
5g								
5g								

## FAT (150 grams goal)

5g									
5g									
5g									

COMMONLY EATEN CARBS	
<i>Carbs per 1/2 cup cooked unless noted. All carbs listed are net.</i>	
	CARBS
asparagus	2 g
bell peppers	3 g
broccoli	3 g
Brussels sprouts	3.5 g
cabbage (per 1 cup raw or 1/2 cup cooked)	2 g
carrots	4 g
cauliflower	1 g
cucumber	1.5 g
eggplant	3 g
green beans	3 g
leafy greens per 1 cup raw or 1/2 cup cooked (includes kale, lettuces, spinach, etc.)	1 g
lemon or lime juice (per ounce)	2 g
mushrooms	1 g
onions (per 1/4 cup raw)	3 g
raspberries	3.5 g
spaghetti squash	4 g
tomatoes (per 1/2 cup raw)	2.5 g
winter squash (includes butternut, delicata, etc.)	7 g

COMMONLY EATEN PROTEINS		
<i>Protein and fat grams per 4 oz cooked unless noted. All carbs listed are net.</i>		
	PROTEIN	FAT
bison	28 g	7 g
chicken, dark meat (leg/thigh)	25 g	16 g
chicken, white meat (breast)	35 g	4 g
chicken wings	30 g	28 g
egg (1 large)	6 g	5 g
ground beef (85% lean)	30 g	17 g
ground pork	28 g	23 g
ground turkey	28 g	2 g
lamb	28 g	22 g
pork, fatty cuts	28 g	23 g
pork, lean cuts	30 g	7 g
salmon	25 g	5 g
scallops	26 g	1.5 g
shrimp 2 g CARBS	25 g	2 g
steak, fatty	30 g	20 g
steak, lean	30 g	10 g
turkey	28 g	2 g

COMMONLY EATEN FATS			
<i>Fat grams per 1 tablespoon or 1 ounce unless noted. All carbs listed are net.</i>			
		PROTEIN	FAT
avocado (1/4)	1 g CARB	1 g	5 g
bacon (per average slice)		3 g	4 g
butter			11 g
cheese, hard		10 g	7 g
cheese, soft		6 g	8 g
coconut milk, full-fat			3 g
ghee			15 g
mayonnaise			12 g
nut butters (average, 2 tablespoons)	3 g CARBS	7 g	16 g
nuts (average)		6 g	15 g
nuts (Brazil, macadamia, pecans)	1 g CARB	2 g	21 g
oils (all)			15 g
olives	1 g CARB		3 g

# SAVVY KETO Daily Tracker



TODAY'S DATE: \_\_\_\_\_

## CARBS (30 grams net carbs goal)

1g									
1g									
1g									

## PROTEIN (155 grams goal)

5g										
5g										
5g										

## FAT (170 grams goal)

5g												
5g												
5g												

COMMONLY EATEN CARBS	
<i>Carbs per 1/2 cup cooked unless noted. All carbs listed are net.</i>	
	CARBS
asparagus	2 g
bell peppers	3 g
broccoli	3 g
Brussels sprouts	3.5 g
cabbage (per 1 cup raw or 1/2 cup cooked)	2 g
carrots	4 g
cauliflower	1 g
cucumber	1.5 g
eggplant	3 g
green beans	3 g
leafy greens per 1 cup raw or 1/2 cup cooked (includes kale, lettuces, spinach, etc.)	1 g
lemon or lime juice (per ounce)	2 g
mushrooms	1 g
onions (per 1/4 cup raw)	3 g
raspberries	3.5 g
spaghetti squash	4 g
tomatoes (per 1/2 cup raw)	2.5 g
winter squash (includes butternut, delicata, etc.)	7 g

COMMONLY EATEN PROTEINS		
<i>Protein and fat grams per 4 oz cooked unless noted. All carbs listed are net.</i>		
	PROTEIN	FAT
bison	28 g	7 g
chicken, dark meat (leg/thigh)	25 g	16 g
chicken, white meat (breast)	35 g	4 g
chicken wings	30 g	28 g
egg (1 large)	6 g	5 g
ground beef (85% lean)	30 g	17 g
ground pork	28 g	23 g
ground turkey	28 g	2 g
lamb	28 g	22 g
pork, fatty cuts	28 g	23 g
pork, lean cuts	30 g	7 g
salmon	25 g	5 g
scallops	26 g	1.5 g
shrimp	25 g	2 g
steak, fatty	30 g	20 g
steak, lean	30 g	10 g
turkey	28 g	2 g

COMMONLY EATEN FATS			
<i>Fat grams per 1 tablespoon or 1 ounce unless noted. All carbs listed are net.</i>			
		PROTEIN	FAT
avocado (1/4)	1 g CARB	1 g	5 g
bacon (per average slice)		3 g	4 g
butter			11 g
cheese, hard		10 g	7 g
cheese, soft		6 g	8 g
coconut milk, full-fat			3 g
ghee			15 g
mayonnaise			12 g
nut butters (average, 2 tablespoons)	3 g CARBS	7 g	16 g
nuts (average)		6 g	15 g
nuts (Brazil, macadamia, pecans)	1 g CARB	2 g	21 g
oils (all)			15 g
olives	1 g CARB		3 g

# SAVVY KETO Daily Tracker



TODAY'S DATE: \_\_\_\_\_

## CARBS (30 grams net carbs goal)

1g									
1g									
1g									

## PROTEIN (165 grams goal)

5g										
5g										
5g										

## FAT (190 grams goal)

5g												
5g												
5g												

COMMONLY EATEN CARBS	
<i>Carbs per 1/2 cup cooked unless noted. All carbs listed are net.</i>	
	CARBS
asparagus	2 g
bell peppers	3 g
broccoli	3 g
Brussels sprouts	3.5 g
cabbage (per 1 cup raw or 1/2 cup cooked)	2 g
carrots	4 g
cauliflower	1 g
cucumber	1.5 g
eggplant	3 g
green beans	3 g
leafy greens per 1 cup raw or 1/2 cup cooked (includes kale, lettuces, spinach, etc.)	1 g
lemon or lime juice (per ounce)	2 g
mushrooms	1 g
onions (per 1/4 cup raw)	3 g
raspberries	3.5 g
spaghetti squash	4 g
tomatoes (per 1/2 cup raw)	2.5 g
winter squash (includes butternut, delicata, etc.)	7 g

COMMONLY EATEN PROTEINS		
<i>Protein and fat grams per 4 oz cooked unless noted. All carbs listed are net.</i>		
	PROTEIN	FAT
bison	28 g	7 g
chicken, dark meat (leg/thigh)	25 g	16 g
chicken, white meat (breast)	35 g	4 g
chicken wings	30 g	28 g
egg (1 large)	6 g	5 g
ground beef (85% lean)	30 g	17 g
ground pork	28 g	23 g
ground turkey	28 g	2 g
lamb	28 g	22 g
pork, fatty cuts	28 g	23 g
pork, lean cuts	30 g	7 g
salmon	25 g	5 g
scallops	26 g	1.5 g
shrimp	25 g	2 g
steak, fatty	30 g	20 g
steak, lean	30 g	10 g
turkey	28 g	2 g

COMMONLY EATEN FATS			
<i>Fat grams per 1 tablespoon or 1 ounce unless noted. All carbs listed are net.</i>			
		PROTEIN	FAT
avocado (1/4)	1 g CARB	1 g	5 g
bacon (per average slice)		3 g	4 g
butter			11 g
cheese, hard		10 g	7 g
cheese, soft		6 g	8 g
coconut milk, full-fat			3 g
ghee			15 g
mayonnaise			12 g
nut butters (average, 2 tablespoons)	3 g CARBS	7 g	16 g
nuts (average)		6 g	15 g
nuts (Brazil, macadamia, pecans)	1 g CARB	2 g	21 g
oils (all)			15 g
olives	1 g CARB		3 g

# SAVVY KETO Daily Tracker



TODAY'S DATE: \_\_\_\_\_

## CARBS (30 grams net carbs goal)

1g									
1g									
1g									

## PROTEIN (185 grams goal)

5g												
5g												
5g												

## FAT (230 grams goal)

5g														
5g														
5g														

COMMONLY EATEN CARBS	CARBS
<i>Carbs per 1/2 cup cooked unless noted. All carbs listed are net.</i>	
asparagus	2 g
bell peppers	3 g
broccoli	3 g
Brussels sprouts	3.5 g
cabbage (per 1 cup raw or 1/2 cup cooked)	2 g
carrots	4 g
cauliflower	1 g
cucumber	1.5 g
eggplant	3 g
green beans	3 g
leafy greens per 1 cup raw or 1/2 cup cooked (includes kale, lettuces, spinach, etc.)	1 g
lemon or lime juice (per ounce)	2 g
mushrooms	1 g
onions (per 1/4 cup raw)	3 g
raspberries	3.5 g
spaghetti squash	4 g
tomatoes (per 1/2 cup raw)	2.5 g
winter squash (includes butternut, delicata, etc.)	7 g

COMMONLY EATEN PROTEINS	PROTEIN	FAT
<i>Protein and fat grams per 4 oz cooked unless noted. All carbs listed are net.</i>		
bison	28 g	7 g
chicken, dark meat (leg/thigh)	25 g	16 g
chicken, white meat (breast)	35 g	4 g
chicken wings	30 g	28 g
egg (1 large)	6 g	5 g
ground beef (85% lean)	30 g	17 g
ground pork	28 g	23 g
ground turkey	28 g	2 g
lamb	28 g	22 g
pork, fatty cuts	28 g	23 g
pork, lean cuts	30 g	7 g
salmon	25 g	5 g
scallops	26 g	1.5 g
shrimp 2 g CARBS	25 g	2 g
steak, fatty	30 g	20 g
steak, lean	30 g	10 g
turkey	28 g	2 g

COMMONLY EATEN FATS	PROTEIN	FAT
<i>Fat grams per 1 tablespoon or 1 ounce unless noted. All carbs listed are net.</i>		
avocado (1/4) 1 g CARB	1 g	5 g
bacon (per average slice)	3 g	4 g
butter		11 g
cheese, hard	10 g	7 g
cheese, soft	6 g	8 g
coconut milk, full-fat		3 g
ghee		15 g
mayonnaise		12 g
nut butters (average, 2 tablespoons) 3 g CARBS	7 g	16 g
nuts (average)	6 g	15 g
nuts (Brazil, macadamia, pecans) 1 g CARB	2 g	21 g
oils (all)		15 g
olives 1 g CARB		3 g

# SAVVY KETO Daily Tracker

**~1,250**  
CALORIES

TODAY'S DATE: \_\_\_\_\_

## CARBS (50 grams total carbs goal)

2g								
2g								
2g								

## FIBER (20 grams minimum)

2g	2g	2g	
2g	2g	2g	
2g	2g	2g	2g

## PROTEIN (95 grams goal)

5g	5g	5g	5g	5g	5g	
5g	5g	5g	5g	5g	5g	
5g						

## FAT (85 grams goal)

5g	5g	5g	5g	5g	
5g	5g	5g	5g	5g	5g
5g	5g	5g	5g	5g	5g

### COMMONLY EATEN CARBS

*Carbs per 1/2 cup cooked unless noted. All carbs listed are net.*

	CARBS
asparagus	2 g
bell peppers	3 g
broccoli	3 g
Brussels sprouts	3.5 g
cabbage (per 1 cup raw or 1/2 cup cooked)	2 g
carrots	4 g
cauliflower	1 g
cucumber	1.5 g
eggplant	3 g
green beans	3 g
leafy greens per 1 cup raw or 1/2 cup cooked (includes kale, lettuces, spinach, etc.)	1 g
lemon or lime juice (per ounce)	2 g
mushrooms	1 g
onions (per 1/4 cup raw)	3 g
raspberries	3.5 g
spaghetti squash	4 g
tomatoes (per 1/2 cup raw)	2.5 g
winter squash (includes butternut, delicata, etc.)	7 g

### COMMONLY EATEN PROTEINS

*Protein and fat grams per 4 oz cooked unless noted. All carbs listed are net.*

	PROTEIN	FAT
bison	28 g	7 g
chicken, dark meat (leg/thigh)	25 g	16 g
chicken, white meat (breast)	35 g	4 g
chicken wings	30 g	28 g
egg (1 large)	6 g	5 g
ground beef (85% lean)	30 g	17 g
ground pork	28 g	23 g
ground turkey	28 g	2 g
lamb	28 g	22 g
pork, fatty cuts	28 g	23 g
pork, lean cuts	30 g	7 g
salmon	25 g	5 g
scallops	26 g	1.5 g
shrimp 2 g CARBS	25 g	2 g
steak, fatty	30 g	20 g
steak, lean	30 g	10 g
turkey	28 g	2 g

### COMMONLY EATEN FATS

*Fat grams per 1 tablespoon or 1 ounce unless noted. All carbs listed are net.*

	PROTEIN	FAT
avocado (1/4) 1 g CARB	1 g	5 g
bacon (per average slice)	3 g	4 g
butter		11 g
cheese, hard	10 g	7 g
cheese, soft	6 g	8 g
coconut milk, full-fat		3 g
ghee		15 g
mayonnaise		12 g
nut butters (average, 2 tablespoons) 3 g CARBS	7 g	16 g
nuts (average)	6 g	15 g
nuts (Brazil, macadamia, pecans) 1 g CARB	2 g	21 g
oils (all)		15 g
olives 1 g CARB		3 g

# SAVVY KETO Daily Tracker



TODAY'S DATE: \_\_\_\_\_

## CARBS (50 grams total carbs goal)

2g								
2g								
2g								

## FIBER (20 grams minimum)

2g	2g	2g	
2g	2g	2g	
2g	2g	2g	2g

## PROTEIN (115 grams goal)

5g							
5g							
5g							

## FAT (115 grams goal)

5g							
5g							
5g							

### COMMONLY EATEN CARBS

*Carbs per 1/2 cup cooked unless noted. All carbs listed are net.*

	CARBS
asparagus	2 g
bell peppers	3 g
broccoli	3 g
Brussels sprouts	3.5 g
cabbage (per 1 cup raw or 1/2 cup cooked)	2 g
carrots	4 g
cauliflower	1 g
cucumber	1.5 g
eggplant	3 g
green beans	3 g
leafy greens per 1 cup raw or 1/2 cup cooked (includes kale, lettuces, spinach, etc.)	1 g
lemon or lime juice (per ounce)	2 g
mushrooms	1 g
onions (per 1/4 cup raw)	3 g
raspberries	3.5 g
spaghetti squash	4 g
tomatoes (per 1/2 cup raw)	2.5 g
winter squash (includes butternut, delicata, etc.)	7 g

### COMMONLY EATEN PROTEINS

*Protein and fat grams per 4 oz cooked unless noted. All carbs listed are net.*

	PROTEIN	FAT
bison	28 g	7 g
chicken, dark meat (leg/thigh)	25 g	16 g
chicken, white meat (breast)	35 g	4 g
chicken wings	30 g	28 g
egg (1 large)	6 g	5 g
ground beef (85% lean)	30 g	17 g
ground pork	28 g	23 g
ground turkey	28 g	2 g
lamb	28 g	22 g
pork, fatty cuts	28 g	23 g
pork, lean cuts	30 g	7 g
salmon	25 g	5 g
scallops	26 g	1.5 g
shrimp 2 g CARBS	25 g	2 g
steak, fatty	30 g	20 g
steak, lean	30 g	10 g
turkey	28 g	2 g

### COMMONLY EATEN FATS

*Fat grams per 1 tablespoon or 1 ounce unless noted. All carbs listed are net.*

	PROTEIN	FAT
avocado (1/4) 1 g CARB	1 g	5 g
bacon (per average slice)	3 g	4 g
butter		11 g
cheese, hard	10 g	7 g
cheese, soft	6 g	8 g
coconut milk, full-fat		3 g
ghee		15 g
mayonnaise		12 g
nut butters (average, 2 tablespoons) 3 g CARBS	7 g	16 g
nuts (average)	6 g	15 g
nuts (Brazil, macadamia, pecans) 1 g CARB	2 g	21 g
oils (all)		15 g
olives 1 g CARB		3 g

# SAVVY KETO Daily Tracker



TODAY'S DATE: \_\_\_\_\_

## CARBS (50 grams total carbs goal)

2g								
2g								
2g								

## FIBER (20 grams minimum)

2g	2g	2g	
2g	2g	2g	
2g	2g	2g	2g

## PROTEIN (115 grams goal)

5g							
5g							
5g							

## FAT (130 grams goal)

5g								
5g								
5g								

### COMMONLY EATEN CARBS

Carbs per 1/2 cup cooked unless noted.  
All carbs listed are net.

	CARBS
asparagus	2 g
bell peppers	3 g
broccoli	3 g
Brussels sprouts	3.5 g
cabbage (per 1 cup raw or 1/2 cup cooked)	2 g
carrots	4 g
cauliflower	1 g
cucumber	1.5 g
eggplant	3 g
green beans	3 g
leafy greens per 1 cup raw or 1/2 cup cooked (includes kale, lettuces, spinach, etc.)	1 g
lemon or lime juice (per ounce)	2 g
mushrooms	1 g
onions (per 1/4 cup raw)	3 g
raspberries	3.5 g
spaghetti squash	4 g
tomatoes (per 1/2 cup raw)	2.5 g
winter squash (includes butternut, delicata, etc.)	7 g

### COMMONLY EATEN PROTEINS

Protein and fat grams per 4 oz cooked unless noted. All carbs listed are net.

	PROTEIN	FAT
bison	28 g	7 g
chicken, dark meat (leg/thigh)	25 g	16 g
chicken, white meat (breast)	35 g	4 g
chicken wings	30 g	28 g
egg (1 large)	6 g	5 g
ground beef (85% lean)	30 g	17 g
ground pork	28 g	23 g
ground turkey	28 g	2 g
lamb	28 g	22 g
pork, fatty cuts	28 g	23 g
pork, lean cuts	30 g	7 g
salmon	25 g	5 g
scallops	26 g	1.5 g
shrimp 2 g CARBS	25 g	2 g
steak, fatty	30 g	20 g
steak, lean	30 g	10 g
turkey	28 g	2 g

### COMMONLY EATEN FATS

Fat grams per 1 tablespoon or 1 ounce unless noted. All carbs listed are net.

	PROTEIN	FAT
avocado (1/4) 1 g CARB	1 g	5 g
bacon (per average slice)	3 g	4 g
butter		11 g
cheese, hard	10 g	7 g
cheese, soft	6 g	8 g
coconut milk, full-fat		3 g
ghee		15 g
mayonnaise		12 g
nut butters (average, 2 tablespoons) 3 g CARBS	7 g	16 g
nuts (average)	6 g	15 g
nuts (Brazil, macadamia, pecans) 1 g CARB	2 g	21 g
oils (all)		15 g
olives 1 g CARB		3 g

# SAVVY KETO Daily Tracker



TODAY'S DATE: \_\_\_\_\_

## CARBS (50 grams total carbs goal)

2g								
2g								
2g								

## FIBER (20 grams minimum)

2g	2g	2g	
2g	2g	2g	
2g	2g	2g	2g

## PROTEIN (130 grams goal)

5g								
5g								
5g								

## FAT (150 grams goal)

5g									
5g									
5g									

COMMONLY EATEN CARBS	
<i>Carbs per 1/2 cup cooked unless noted. All carbs listed are net.</i>	
	CARBS
asparagus	2 g
bell peppers	3 g
broccoli	3 g
Brussels sprouts	3.5 g
cabbage (per 1 cup raw or 1/2 cup cooked)	2 g
carrots	4 g
cauliflower	1 g
cucumber	1.5 g
eggplant	3 g
green beans	3 g
leafy greens per 1 cup raw or 1/2 cup cooked (includes kale, lettuces, spinach, etc.)	1 g
lemon or lime juice (per ounce)	2 g
mushrooms	1 g
onions (per 1/4 cup raw)	3 g
raspberries	3.5 g
spaghetti squash	4 g
tomatoes (per 1/2 cup raw)	2.5 g
winter squash (includes butternut, delicata, etc.)	7 g

COMMONLY EATEN PROTEINS		
<i>Protein and fat grams per 4 oz cooked unless noted. All carbs listed are net.</i>		
	PROTEIN	FAT
bison	28 g	7 g
chicken, dark meat (leg/thigh)	25 g	16 g
chicken, white meat (breast)	35 g	4 g
chicken wings	30 g	28 g
egg (1 large)	6 g	5 g
ground beef (85% lean)	30 g	17 g
ground pork	28 g	23 g
ground turkey	28 g	2 g
lamb	28 g	22 g
pork, fatty cuts	28 g	23 g
pork, lean cuts	30 g	7 g
salmon	25 g	5 g
scallops	26 g	1.5 g
shrimp 2 g CARBS	25 g	2 g
steak, fatty	30 g	20 g
steak, lean	30 g	10 g
turkey	28 g	2 g

COMMONLY EATEN FATS		
<i>Fat grams per 1 tablespoon or 1 ounce unless noted. All carbs listed are net.</i>		
	PROTEIN	FAT
avocado (1/4) 1 g CARB	1 g	5 g
bacon (per average slice)	3 g	4 g
butter		11 g
cheese, hard	10 g	7 g
cheese, soft	6 g	8 g
coconut milk, full-fat		3 g
ghee		15 g
mayonnaise		12 g
nut butters (average, 2 tablespoons) 3 g CARBS	7 g	16 g
nuts (average)	6 g	15 g
nuts (Brazil, macadamia, pecans) 1 g CARB	2 g	21 g
oils (all)		15 g
olives 1 g CARB		3 g

# SAVVY KETO Daily Tracker



TODAY'S DATE: \_\_\_\_\_

## CARBS (50 grams total carbs goal)

2g								
2g								
2g								

## FIBER (20 grams minimum)

2g	2g	2g	
2g	2g	2g	
2g	2g	2g	2g

## PROTEIN (155 grams goal)

5g										
5g										
5g										

## FAT (170 grams goal)

5g												
5g												
5g												

COMMONLY EATEN CARBS	
<i>Carbs per 1/2 cup cooked unless noted. All carbs listed are net.</i>	
	CARBS
asparagus	2 g
bell peppers	3 g
broccoli	3 g
Brussels sprouts	3.5 g
cabbage (per 1 cup raw or 1/2 cup cooked)	2 g
carrots	4 g
cauliflower	1 g
cucumber	1.5 g
eggplant	3 g
green beans	3 g
leafy greens per 1 cup raw or 1/2 cup cooked (includes kale, lettuces, spinach, etc.)	1 g
lemon or lime juice (per ounce)	2 g
mushrooms	1 g
onions (per 1/4 cup raw)	3 g
raspberries	3.5 g
spaghetti squash	4 g
tomatoes (per 1/2 cup raw)	2.5 g
winter squash (includes butternut, delicata, etc.)	7 g

COMMONLY EATEN PROTEINS		
<i>Protein and fat grams per 4 oz cooked unless noted. All carbs listed are net.</i>		
	PROTEIN	FAT
bison	28 g	7 g
chicken, dark meat (leg/thigh)	25 g	16 g
chicken, white meat (breast)	35 g	4 g
chicken wings	30 g	28 g
egg (1 large)	6 g	5 g
ground beef (85% lean)	30 g	17 g
ground pork	28 g	23 g
ground turkey	28 g	2 g
lamb	28 g	22 g
pork, fatty cuts	28 g	23 g
pork, lean cuts	30 g	7 g
salmon	25 g	5 g
scallops	26 g	1.5 g
shrimp 2 g CARBS	25 g	2 g
steak, fatty	30 g	20 g
steak, lean	30 g	10 g
turkey	28 g	2 g

COMMONLY EATEN FATS		
<i>Fat grams per 1 tablespoon or 1 ounce unless noted. All carbs listed are net.</i>		
	PROTEIN	FAT
avocado (1/4) 1 g CARB	1 g	5 g
bacon (per average slice)	3 g	4 g
butter		11 g
cheese, hard	10 g	7 g
cheese, soft	6 g	8 g
coconut milk, full-fat		3 g
ghee		15 g
mayonnaise		12 g
nut butters (average, 2 tablespoons) 3 g CARBS	7 g	16 g
nuts (average)	6 g	15 g
nuts (Brazil, macadamia, pecans) 1 g CARB	2 g	21 g
oils (all)		15 g
olives 1 g CARB		3 g

# SAVVY KETO Daily Tracker



TODAY'S DATE: \_\_\_\_\_

## CARBS (50 grams total carbs goal)

2g								
2g								
2g								

## FIBER (20 grams minimum)

2g	2g	2g	
2g	2g	2g	
2g	2g	2g	2g

## PROTEIN (165 grams goal)

5g										
5g										
5g										

## FAT (190 grams goal)

5g												
5g												
5g												

### COMMONLY EATEN CARBS

Carbs per 1/2 cup cooked unless noted.  
All carbs listed are net.

	CARBS
asparagus	2 g
bell peppers	3 g
broccoli	3 g
Brussels sprouts	3.5 g
cabbage (per 1 cup raw or 1/2 cup cooked)	2 g
carrots	4 g
cauliflower	1 g
cucumber	1.5 g
eggplant	3 g
green beans	3 g
leafy greens per 1 cup raw or 1/2 cup cooked (includes kale, lettuces, spinach, etc.)	1 g
lemon or lime juice (per ounce)	2 g
mushrooms	1 g
onions (per 1/4 cup raw)	3 g
raspberries	3.5 g
spaghetti squash	4 g
tomatoes (per 1/2 cup raw)	2.5 g
winter squash (includes butternut, delicata, etc.)	7 g

### COMMONLY EATEN PROTEINS

Protein and fat grams per 4 oz cooked unless noted. All carbs listed are net.

	PROTEIN	FAT
bison	28 g	7 g
chicken, dark meat (leg/thigh)	25 g	16 g
chicken, white meat (breast)	35 g	4 g
chicken wings	30 g	28 g
egg (1 large)	6 g	5 g
ground beef (85% lean)	30 g	17 g
ground pork	28 g	23 g
ground turkey	28 g	2 g
lamb	28 g	22 g
pork, fatty cuts	28 g	23 g
pork, lean cuts	30 g	7 g
salmon	25 g	5 g
scallops	26 g	1.5 g
shrimp 2 g CARBS	25 g	2 g
steak, fatty	30 g	20 g
steak, lean	30 g	10 g
turkey	28 g	2 g

### COMMONLY EATEN FATS

Fat grams per 1 tablespoon or 1 ounce unless noted. All carbs listed are net.

	PROTEIN	FAT
avocado (1/4) 1 g CARB	1 g	5 g
bacon (per average slice)	3 g	4 g
butter		11 g
cheese, hard	10 g	7 g
cheese, soft	6 g	8 g
coconut milk, full-fat		3 g
ghee		15 g
mayonnaise		12 g
nut butters (average, 2 tablespoons) 3 g CARBS	7 g	16 g
nuts (average)	6 g	15 g
nuts (Brazil, macadamia, pecans) 1 g CARB	2 g	21 g
oils (all)		15 g
olives 1 g CARB		3 g

# SAVVY KETO Daily Tracker

~3,000  
CALORIES

TODAY'S DATE: \_\_\_\_\_

## CARBS (50 grams total carbs goal)

2g								
2g								
2g								

## FIBER (20 grams minimum)

2g	2g	2g	
2g	2g	2g	
2g	2g	2g	2g

## PROTEIN (185 grams goal)

5g												
5g												
5g												

## FAT (230 grams goal)

5g														
5g														
5g														

### COMMONLY EATEN CARBS

Carbs per 1/2 cup cooked unless noted.  
All carbs listed are net.

	CARBS
asparagus	2 g
bell peppers	3 g
broccoli	3 g
Brussels sprouts	3.5 g
cabbage (per 1 cup raw or 1/2 cup cooked)	2 g
carrots	4 g
cauliflower	1 g
cucumber	1.5 g
eggplant	3 g
green beans	3 g
leafy greens per 1 cup raw or 1/2 cup cooked (includes kale, lettuces, spinach, etc.)	1 g
lemon or lime juice (per ounce)	2 g
mushrooms	1 g
onions (per 1/4 cup raw)	3 g
raspberries	3.5 g
spaghetti squash	4 g
tomatoes (per 1/2 cup raw)	2.5 g
winter squash (includes butternut, delicata, etc.)	7 g

### COMMONLY EATEN PROTEINS

Protein and fat grams per 4 oz cooked unless noted. All carbs listed are net.

	PROTEIN	FAT
bison	28 g	7 g
chicken, dark meat (leg/thigh)	25 g	16 g
chicken, white meat (breast)	35 g	4 g
chicken wings	30 g	28 g
egg (1 large)	6 g	5 g
ground beef (85% lean)	30 g	17 g
ground pork	28 g	23 g
ground turkey	28 g	2 g
lamb	28 g	22 g
pork, fatty cuts	28 g	23 g
pork, lean cuts	30 g	7 g
salmon	25 g	5 g
scallops	26 g	1.5 g
shrimp 2 g CARBS	25 g	2 g
steak, fatty	30 g	20 g
steak, lean	30 g	10 g
turkey	28 g	2 g

### COMMONLY EATEN FATS

Fat grams per 1 tablespoon or 1 ounce unless noted. All carbs listed are net.

	PROTEIN	FAT
avocado (1/4) 1 g CARB	1 g	5 g
bacon (per average slice)	3 g	4 g
butter		11 g
cheese, hard	10 g	7 g
cheese, soft	6 g	8 g
coconut milk, full-fat		3 g
ghee		15 g
mayonnaise		12 g
nut butters (average, 2 tablespoons) 3 g CARBS	7 g	16 g
nuts (average)	6 g	15 g
nuts (Brazil, macadamia, pecans) 1 g CARB	2 g	21 g
oils (all)		15 g
olives 1 g CARB		3 g

# SHOPPING LISTS

## Meal Plan 1



### PRODUCE

arugula, 1/2 pound  
avocados, 3 medium  
baby kale, 8 cups  
broccoli florets, 4 cups  
cabbage, 1 head  
chives  
cilantro, 1 bunch  
garlic, 1 head  
green bell pepper, 1 medium  
green onions, 1 bunch  
lemon, 1  
lettuce, 1 head  
limes, 3  
portobello mushrooms, 4  
red bell peppers, 3  
red cabbage, 1 head  
red onions, 2 small + 2 medium  
tomatoes, 2 medium  
yellow onions, 2 medium + 1 large

Shopping lists do not include optional items.

When more than one option is given on a single line in the ingredients list, the shopping list includes only the first option.



### PROTEIN

bacon, 8 slices  
bacon, thick-cut, 2 slices  
breakfast sausages, 1 dozen  
chicken legs, bone-in, skin-on, 4 (about 2 pounds)  
chicken thighs, bone-in, skin-on, 6 pounds  
deli meat, 8 slices  
eggs, 30 large  
ground beef, 85% lean, 2 pounds  
ground pork, 2 pounds  
salmon, 4 (6-ounce) fillets, boneless, skin-on  
sausages, 4



### GROCERY

cacao powder, 1/4 cup + 2 tablespoons  
chopped tomatoes, 1 (26.46-ounce) box  
coconut aminos, 1/4 cup + 3 tablespoons  
coconut milk, full-fat, 3/4 cup  
cooking fat of choice, 1/4 cup + 2 tablespoons  
diced tomatoes, 1 (28-ounce) can  
frozen raspberries, 3 packed cups  
grass-fed collagen peptides, 6 scoops  
ground chia or flax seeds, 1/4 cup + 2 tablespoons  
hard cheese, 2 ounces  
sesame seeds



### CHECK YOUR KITCHEN FOR THESE STAPLES

apple cider vinegar  
balsamic vinegar  
Dijon mustard  
dried oregano leaves  
extra-virgin olive oil  
fish sauce  
garlic powder  
ginger powder  
granulated garlic  
granulated onion  
ground cinnamon  
ketchup, homemade (page 340) or store-bought  
mayonnaise, homemade (page 335) or store-bought  
prepared yellow mustard  
pure vanilla extract  
red wine vinegar  
smoked paprika



### SPICE BLENDS, DRESSINGS & SAUCES FROM THE BOOK

Avocado Crema (page 342)  
Caesar Dressing (page 346)  
Pesto (page 343)  
spice blend of choice  
Super Garlic Spice Blend (page 330)  
Taco & Fajita Spice Blend (page 331)

Heads up! Spice blends from this book are available for purchase ready-made, all organic at [balancedbites.com/spices](https://www.balancedbites.com/spices).

# SHOPPING LISTS

## Meal Plan 2



### PRODUCE

arugula, 1/2 pound  
avocados, 3 medium  
Boston/butter lettuce, 1 head  
celery, 2 stalks  
chives, 1 bunch  
cilantro, 1 bunch  
coleslaw mix, 1 (16-ounce) bag  
collard greens, 1 head  
cucumber, 1 medium  
dill, 1 bunch  
garlic, 8 cloves  
iceberg lettuce, 1 head  
jalapeño pepper, 1  
lemons, 3  
lettuce, 1 head  
limes, 5  
microgreens, 4 cups  
red bell pepper, 1  
red onions, 2 medium  
shallots, 2 large  
spaghetti squash, 1 medium  
(about 3 pounds)  
tomatoes, 4 medium  
yellow onion, 1 small + 1 medium



### PROTEIN

bacon, 28 slices  
breakfast sausages, 8  
chicken, 1 whole (3 1/2 to 4 pounds)  
chicken breast, 2 pounds  
chicken livers, 1/4 pound  
chicken thighs, bone-in, skin-on, 2 pounds  
deli meat, 8 slices  
eggs, 42 large  
ground beef, 85% lean, 1 1/4 pounds  
ground pork, 2 pounds  
pork leg roast, boneless, 2 pounds  
sausages, 4



### GROCERY

butter, 1/4 cup (1/2 stick)  
chipotle peppers in adobo sauce, 1 (7-ounce) can  
coconut milk, full-fat, 1/4 cup  
cooking fat of choice, 1/4 cup  
frozen chopped spinach, 1 (9-ounce) package  
hard cheese, 4 ounces  
Kalamata olives, 1/2 cup  
pico de gallo



### CHECK YOUR KITCHEN FOR THESE STAPLES

apple cider vinegar  
dried oregano leaves  
extra-virgin olive oil  
granulated garlic  
granulated onion  
ground cumin  
ketchup, homemade (page 340) or store-bought  
mayonnaise, homemade (page 335) or store-bought  
paprika  
prepared yellow mustard



### SPICE BLENDS, DRESSINGS & SAUCES FROM THE BOOK

Chorizo Spice Blend (page 331)  
dressing of choice  
Greek Spice Blend (page 330)  
Italian Spice Blend (page 330)  
Quick Salsa (page 306)  
spice blend of choice  
Super Garlic Spice Blend (page 330)

Shopping lists do not include optional items.

When more than one option is given on a single line in the ingredients list, the shopping list includes only the first option.

Heads up! Spice blends from this book are available for purchase ready-made, all organic at [balancedbites.com/spices](https://www.balancedbites.com/spices).

# SHOPPING LISTS

## Meal Plan 3



### PRODUCE

arugula, 1/2 pound  
avocados, 2 medium  
basil, 1 bunch  
blueberries, 1/2 cup  
cauliflower, 1 medium head  
chives, 1 bunch  
cilantro, 1 bunch  
eggplant, 1 large (about 1 1/4 pounds)  
garlic, 6 cloves  
green onion, 1  
Italian kale, 1 bunch  
lemons, 7  
lettuce, 1 head  
lime, 1  
shishito peppers, 12 ounces  
spinach, 5 (5-ounce) bags (about 13 cups)  
tomatoes, 3 medium + 12 small  
yellow onion, 1 large  
zucchini, 4 large + 4 medium

Shopping lists do not include optional items.

When more than one option is given on a single line in the ingredients list, the shopping list includes only the first option.



### PROTEIN

bacon, 8 slices  
breakfast sausages, 20  
chicken thighs, bone-in, skin-on, 3 pounds  
chicken thighs, boneless, skinless, 1 1/2 pounds  
deli meat, 8 slices  
eggs, 28 large  
ground beef, 85% lean, 2 pounds  
ground chicken, 1 pound  
ground pork, 1 pound  
sausages, 8  
steaks, 4 (8-ounce)  
wild salmon, 4 (6-ounce) fillets



### GROCERY

almond flour, 1 cup  
capers, 1/2 cup  
cashew flour, 1 1/4 packed cups  
coconut aminos, 2 tablespoons  
coconut flour, 1/4 cup  
coconut milk, full-fat, 1/2 cup  
cooking fat of choice, 1/4 cup + 2 tablespoons + 2 teaspoons  
cream cheese, full-fat, 1/2 cup  
hard cheese, 2 ounces  
pine nuts, for garnish  
red curry paste, 1 tablespoon  
red pepper flakes, for garnish  
sugar-free pasta sauce, 1 (24-ounce) jar



### CHECK YOUR KITCHEN FOR THESE STAPLES

baking soda  
butter  
coarse sea salt  
dried dill weed  
extra-virgin olive oil  
fish sauce  
ginger powder  
granulated garlic  
ground cumin  
mayonnaise, homemade (page 335) or store-bought  
prepared yellow mustard  
pure vanilla extract



### SPICE BLENDS, DRESSINGS & SAUCES FROM THE BOOK

dressing of choice  
Italian Spice Blend (page 330)  
spice blend of choice  
Trifecta Spice Blend (page 330)

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# SHOPPING LISTS

## Meal Plan 4



### PRODUCE

arugula, 1 1/2 pounds  
asparagus, 1 pound  
avocados, 5 medium  
button mushrooms, 10 ounces  
carrots, 2 medium  
cauliflower, 2 medium heads  
celery, 1 stalk  
chives, 1 bunch  
cilantro, 1 bunch  
garlic, 1 head  
green onions, 2  
iceberg lettuce, 1 head  
kale, 2 cups  
lemons, 3  
lettuce, 1 1/4 pounds  
limes, 2  
parsley, 1 bunch  
red onion, 1 medium  
spaghetti squash, 1 medium  
(about 3 pounds)  
tomatoes, 2 medium  
yellow onions, 1/2 small +  
2 medium  
zucchini, 5 medium

Shopping lists do not include optional items.

When more than one option is given on a single line in the ingredients list, the shopping list includes only the first option.



### PROTEIN

bacon, 1 3/4 pounds  
breakfast sausages, 8  
chicken thighs, boneless, skinless, 1 1/2 pounds  
deli meat, 12 slices  
eggs, 30 large  
ground chicken thigh, 2 pounds  
ground pork, 1 pound  
ground veal or beef, 1 pound  
rib-eye steak, 2 pounds  
sausages, 4  
sirloin steak, 2 pounds  
steaks, 2 (8-ounce)



### GROCERY

blue cheese, 4 ounces  
butter, 1/4 cup (1/2 stick)  
cacao powder, 1/2 cup  
canned pumpkin, 6 ounces  
chicken broth, homemade (page 220) or store-bought, 2 to 3 cups  
coconut aminos, 3/4 cup + 2 tablespoons  
coconut milk, full-fat, 2 1/4 cups  
cooking fat of choice, 2 tablespoons  
fish sauce, 4 to 6 dashes  
frozen raspberries, 2 packed cups  
grass-fed collagen peptides, 8 scoops  
ground chia or flax seeds, 1/2 cup  
mozzarella, 16 ounces  
peanut butter, unsweetened, 1/2 cup  
pumpkin seeds, 1/4 cup  
toasted sesame seeds, 1/2 teaspoon



### CHECK YOUR KITCHEN FOR THESE STAPLES

coarse sea salt  
dried oregano leaves  
extra-virgin olive oil  
granulated garlic  
ground coriander  
ground cumin  
ground ginger  
mayonnaise, homemade (page 335) or store-bought  
prepared yellow mustard  
pure vanilla extract  
rice vinegar



### SPICE BLENDS, DRESSINGS & SAUCES FROM THE BOOK

Balsamic Vinaigrette (page 344)  
dressing of choice  
Greek Spice Blend (page 330)  
Ranch Dressing (page 347)  
Ranch Spice Blend (page 331)  
spice blend of choice  
Trifecta Spice Blend (page 330)

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## Keto Quick Start Corrections

### KETO FOODS LIST CORRECTIONS (Pages 56-57)

- **Cashews** should be listed as "low carb nuts" 5-10g net carbs per serving.
- Chestnuts should be listed in their own subcategory under nuts since they've got a higher amount of net carbs.
- **Eggs** should be listed with the following macros: 50g (weight) | .4g total carbs | 0g fiber | 0g net carbs | 6g protein | 5g fat
- **Full-fat yogurt** is only supposed to be listed once in the Keto Foods List.
- **Yams** should be listed under high carb veggies (more than 15g/serving) in the Keto Foods List, it's currently listed under fruits.

### FRONTMATTER CORRECTIONS

- Page 118, ABOVE where it says "**HOW TO USE THE TRACKER**" this small section is missing: "SELECT A STARTING TRACKER Once you know your target protein grams (see page 90), select the tracker that most closely matches that protein target, knowing that the closest tracker may be *slightly* higher or lower than your exact calculation."

### RECIPE CORRECTIONS

- Page 182: If the **Matcha Chia N'Oatmeal** mixture isn't as thick as you'd like it to be after it has set and you've re-whisked it to break up any clumps, add the ground chia seeds, place the lid back on the jar and shake to combine. This will thicken the mixture further but is optional and you may find it's thick enough as-is. If you prefer a thinner consistency, you can omit the ground chia seeds.
- Page 210: At the end of the **Skillet Chicken Cacciatore** recipe, the instructions should say "pesto" instead of "peso."
- Page 226: In the recipe blurb for the **Beef Fajita Bowl** at the top, it says, "salsa you make yourself using the recipe on page....," but does not include the page number. **The salsa recipe is on page 306.**
- Page 230: In the **slow cooker** directions for the **Sloppy Joe Chili**, for step three: Transfer the bacon and the rendered fat to a slow cooker with all of the remaining ingredients and the spice blend. **Break up the meat into smaller chunks for even cooking.**
- Page 231: In the **Instant Pot** directions for the **Sloppy Joe Chili**, for step four: Add the remaining ingredients and the spice blend to the pot, **break up the meat into smaller chunks for even cooking.**
- Page 231: The "Dairy-free?" box included with the **Sloppy Joe Chili** recipe says to omit the cheese, but there is no cheese listed in the recipe/garnishes.
- Page 264: In the ingredients list for the **Shrimp Pad Thai**, there's a prompt to see the note about shrimp next to "4 dozen shrimp." However, there is no note about the shrimp.

- Page 270: The recipe for **Glazed Salmon with Seared Bok Choy** notes that there are nightshades at the top of the page — there are no nightshades included in this recipe.
- Page 284: The recipe for **Creamy Cauliflower Puree** indicates that it is dairy-free, however there is butter in the recipe.
- Page 286: The **Mediterranean Roasted Cauliflower** is 21DSD-friendly, and is missing that indication at the top of the page.
- Page 290: In the book, the ingredients list for **Marinated Onions** is accurate, but in the instructions, we call for adding oil - which you can, but you don't need oil for them. They are more like a pickled onion and I think they hold up better in the fridge without the added oil. Either way they'll be great!