Healthy Keto-Friendly Grocery Store Brands

COFFEE

Trader Joes Organic Fair Trade Five Country Espresso Blend

INGREDIENTS
100% Arabica Roasted Whole Bean Coffee

Mayorga Organics Dark Roast, USDA-Certified, Organic

INGREDIENTS
100% Organic Roasted Whole Bean Coffee

Peet's Coffee, People & Planet, Organic French Roast, Dark Roast, Ground Coffee

INGREDIENTS
Original Craft Coffee

Organic Ethiopian Yirgacheffe Light Roast Whole Bean Coffee - 10 oz - Archer Farms™

INGREDIENTS
Organic Arabica Coffee

Seattle's Best Coffee Level 4 Organic Fair Trade Dark Roast Ground Coffee

INGREDIENTS
100% Arabica Coffee

Newman's Own® Organics 10 oz, Newman's Breakfast Blend Ground Coffee

INGREDIENTS
100% Arabica Beans

The Organic Coffee Co Hurricane Espresso Whole Bean, 2-Pound Bag

Mount Hagen Coffee, Organic, Instant

INGREDIENTS
100% Highland Arabica Coffee

THRIVE MARKET

Organic Breakfast Blend Coffee, Ground

CREAMERS FOR COFFEE

Horizon Organic Heavy Whipping Cream

Simply Balanced Organic Heavy Whipping Cream

INGREDIENTS
Organic Grade A Cream (Milk)

Heavy Whipping Cream, Pasteurized

INGREDIENTS
Organic Grade A Cream (Milk)

CONDIMENTS

Trader Joe's Organic Peanut Butter, Creamy and Salted

Primal Kitchen Organic Spicy Brown Mustard

Sir Kensington's Mayonnaise

Primal Kitchen Organic Unsweetened Ketchup

Heinz® Organic Yellow Mustard

Annie's Organic Yellow Mustard

DRESSINGS

Green Goddess Dressing

La Tourangelle Avocado Oil

Primal Kitchen - Avocado Oil Mayo

Nature's Way Organic Extra Virgin Coconut Oil

Nutiva Organic Virgin Coconut Oil

Bragg Organic Extra Virgin Olive Oil

Primal Kitchen - Avocado Oil-Based Dressing and Marinade, Balsamic Vinaigrette

Organic Extra Virgin Olive Oil Spray

CHEESE/BUTTER

Organic Valley Organic Sour Cream

Organic Valley Cream Cheese Spread

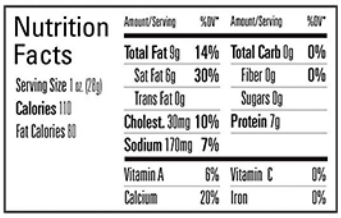
Nancy's Sour Cream, Organic

Kerrygold, Salted Pure Irish Butter, 8 oz

Ingredients: Organic cultured unpasteurized milk, salt, vegetarian enzymes

Organic Valley Raw Mild Cheddar

Grassmilk Organic Raw Cheddar Cheese



Ingredients: Organic Cultured Pasteurized Milk, Salt, Vegetarian Enzyme.

Organic Valley Sharp Cheddar

Kerrygold 5 lbs Imported Dubliner Cheese

Carrington Farms USDA Organic Grass-Fed Ghee, Clarified Butter

Ingredients: Organic Cultured Pasteurized Milk, Salt, Vegetarian Enzymes, Cellulose (added to prevent caking).

Organic Valley Cheddar Cheese - Sharp, Shredded, Organic

INGREDIENTS
Pasteurized Milk, Salt, Cheese Cultures, and Enzymes

Organic Pasteurized Cultured Milk, Salt, Vegetarian Enzyme

INGREDIENTS
Organic Pasteurized Milk, Cheese Cultures, Salt, and Enzymes

Applegate Organics® Provolone Cheese

Nutrition Facts
Serving Size: 1 Tbsp. (14 g)
Servings per Container: About 16

	Amount Per Serving	% Daily Value
Calories	120	
Calories from Fat	120	
Total Fat	14 g	22%
Saturated Fat	9 g	45%
Trans Fat	0 g	
Cholesterol	35 mg	12%
Sodium	0 mg	0%
Total Carbohydrate	0 g	0%
Protein	0 g	
Vitamin A		6%

Other Ingredients: 100% Organic pasteurized butter.
Contains: Milk. *(made form non-homogenzied whole milk from grass-fed cows).*

Pure Indian Foods Organic Cultured Ghee, Grass-Fed

ORGANIC VALLEY FARMS

Nutrition Facts
29 servings per container
Serving size 1 Tbsp (13g)

Amount/serving	% DV	Amount/serving	% DV
Total Fat 13g	17%	Total Carb. 0g	0%
Sat. Fat 8g	40%	Fiber 0g	0%
Trans Fat 0g		Total Sugars 0g	
Cholesterol 30mg	10%	Incl. 0g Added Sugars	0%
Sodium 0mg	0%	Protein 0g	

Calories per serving 120 — Vitamin D 0% • Calcium 0% • Iron 0% • Potassium 0% • Vitamin A 11%

Organic Ghee Clarified Butter

Nutrition Facts
Serving Size: 1 Tbsp (15g)
Servings Per Container: 55

Amount Per Serving	
Calories 130	
	% Daily Value*
Total Fat 15g	19%
Saturated Fat 9g	45%
Cholesterol 40mg	13%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Sugars 0g	
Protein 0g	0%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: ORGANIC UNSALTED BUTTER (ORGANIC CREAM [MILK])

Organic Ghee by Tin Star Foods

Nutrition Facts

Serving Size 1 tsp (5g)		Calories 45	
Amount per serving	% DV	Amount per serving	% DV
Total Fat 5g	6%	**Total Carb.** 0g	0%
Sat Fat 3g	15%	Fiber 0g	0%
Trans Fat 0g		Total Sugars 0g	
Cholesterol 10mg	3%	Incl. 0g Added Sugars	0%
Sodium 0mg	0%	**Protein** 0g	0%

Vitamin D 0% • Calcium 0% • Iron 0% • Potassium 0%
Vitamin A 6%

Ingredients: Certified Organic Butter (Milk).

Organic Ghee Clarified Butter

Nutrition Facts
Serving Size 1Tbsp (15ml)
Serving per Container about 32

Amount per Serving		
Calories	112	Calories from Fat 112
		0% Daily Value*
Total Fat	12g	20%
Saturated Fat	8g	40%
Trans Fat	0g	
Cholesterol	33g	11%
Sodium	0m	0%
Total Carbohydrate	0g	0%
Protein	0g	
Vitamin A	8%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
Not a significant source of Dietary Fiber, Sugars, Vitamin C, Calcium and Iron.

Spring Sunrise Organic Ghee

NUTRITION FACTS
Serving Size 1 Tbsp (15ml)
Servings Per Container about 64

Amount Per Serving	
Calories 120	Calories from Fat 120
	% Daily Value*
Total Fat 14g	22 %
Saturated Fat 9g	45 %
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 3.5g	
Cholesterol 35mg	12 %
Sodium 0mg	0 %
Total Carbohydrate 0g	0 %
Protein 0g	

Vitamin A 8%

Not a significant source of dietary fiber, sugars, vitamin C, calcium and iron.
*Percent Daily Values are based on a 2,000 calorie diet.

Ancient Organics, 100% Organic Ghee from Grass-Fed Cows

FOURTH & HEART

Nutrition Facts
Serving Size 1 tsp (5g)
Servings Per Container about 48

Amount Per Serving	
Calories 45	Calories from Fat 45
	% Daily Value*
Total Fat 5g	7%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 0mg	0%
Total Carbs 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	

Vitamin A 4% • Vitamin C 0%
Calcium 0% • Iron 0%

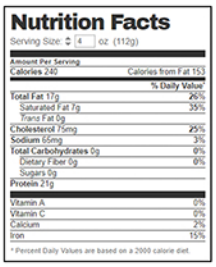
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Best used in 3 months

A portion of proceeds go to Yoga

Grass-Fed Original Ghee

MEAT BEEF (GRASS-FED)



Nature's Rancher 100% Grass-Fed Organic Ground Beef

Marketside Organic Grass-Fed, 80% Lean / 20% Fat, Ground Beef

Organic Grass-Fed T-Bone Steak

Applegate, The Great Organic Uncured Beef Hot Dog

PORK (NO NITRATES)

Applegate Organic Uncured Sunday Bacon

CHICKEN (PASTURE-RAISED, ORGANIC)

Pasture-Raised Alfresco Eggs, Organic, Dozen

Chino Valley Organic Pasture-Raised Eggs, Dozen

Kirkland Signature Organic Pasture-Raised Large Eggs

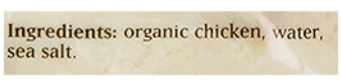
Nutrition Facts					
Serving Size 4 oz (112g)	Amount/Serving	%DV	Amount/Serving	%DV
Calories 190	Total Fat 9g	14%	Total Carb 0g	0%
Fat Calories 80	Sat Fat 2g	10%	Fiber 0g	0%
	Cholest. 70mg	23%	Sugars 0g	
	Sodium 55mg	2%	Protein 24g	
	Vitamin A	0%	Vitamin C	0%
	Calcium	0%	Iron	4%

Ingredients: Organic Pork.

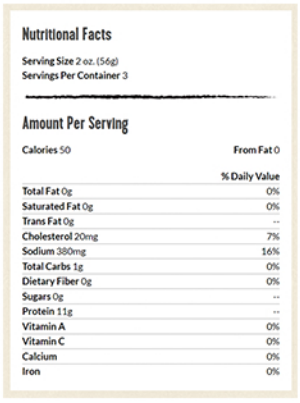
Organic Prairie, Boneless Organic Pork Loin Roast

Nutrition Facts	
Serving Size 2-3 slices (56g)	
Servings per Container	3
Amount Per Serving	
Calories 70	Fat Cal 20
	% Daily Value*
Total Fat 2g	3%
Saturated Fat .5g	3%
Cholesterol 40mg	13%
Sodium 320mg	13%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 12g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 2%	

* Percent Daily Values are based on a 2,000 calorie diet.



Organic Valley Roast Chicken Breast



Nutritional Facts	
Serving Size 2 oz. (56g)	
Servings Per Container 3	
Amount Per Serving	
Calories 50	From Fat 0
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	--
Cholesterol 20mg	7%
Sodium 380mg	16%
Total Carbs 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	--
Protein 11g	--
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

Applegate Organic Oven-Roasted Turkey Breast

Fresh Hardwood Smoked Ham Slices

Nutrition Facts	Amount/Serving	%DV	Amount/Serving	%DV
Serving Size 2 slices (56g)	Total Fat 2.5g	4%	Total Carb 1g	0%
Calories 70	Sat Fat 1g	5%	Fiber 0g	0%
Fat Calories 25	Cholest. 35mg	12%	Sugars 0g	
	Sodium 250mg	10%	Protein 10g	
	Vitamin A	0%	Vitamin C	0%
	Calcium	0%	Iron	2%

Ingredients: organic ham, cured with water, sea salt, organic honey, celery juice powder, lactic acid starter culture, organic spices.

Organic Valley, Hardwood Smoked Uncured Organic Ham

Trader Joe's Organic Chicken Drumsticks

Foster Farms Organic Chicken

Nutrition Facts	
Serving Size 4 oz	
Servings Per Container 4	
Amount Per Serving	
Calories 300	
	% Daily Value
Total Fat 24g	37%
Saturated Fat 9g	45%
Cholesterol 80mg	27%
Sodium 65mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 19g	

Percent Daily Values are based on a 2,000 calorie diet.

Organic Prairie: Organic Ground Pork

FISH/SEAFOOD

Foster Farms Organic Chicken

Nutrition Facts		
Serving Size 2.6 oz (1 pouch)		
Serving Per Container 1		
Amount Per Serving		
Calories 80		
		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 35mg		12%
Sodium 160mg		7%
Total Carbohydrates 0g		0%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 19g		38%
Calcium 0%	• Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Albacore White Tuna, Water.

Contains: fish (tuna). Produced in a facility that handles soy.

Brandless Wild Albacore Tuna in Water

CROWN PRINCE

Anchovy Fillets

Non-GMO Wild Pink Salmon

Non-GMO Wild Sardines in Extra Virgin Olive Oil

SWEETENERS

NOW Real Food® - Xylitol

NOW Foods Organic Erythritol

Nutrition Facts
Serving Size: 1 Teaspoon (0.5 g)
Servings per Container: 550

	Amount Per Serving	% Daily Value
Calories	0	
Calories from Fat	0	
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate less than 0.5g	0	0%
Dietary Fiber	0 g	0%
Sugars less than 0.5g	0	
Protein	0 g	
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		0%

Other Ingredients: Maltodextrin, Reb-A, Stevia leaf sweetener.

Kroger Stevia Extract Baking Blend

Nutrition Facts
113 servings per container
Serving size 1 tsp (4g)

Amount Per Serving	
Calories	**0**
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Sugar Alcohol 4g	
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Erythritol

SO Nourished Erythritol Granular

Nutrition Facts
Serv Size 1/2 tsp (1g)
Servings about 120

Amount Per Serving	
Calories 0	
	% Daily Value*
Total Fat 0g	0%
Sodium 0mg	0%
Total Carb <1g	0%
Fiber <1g	3%
Protein 0g	

Ingredients: Organic Agave Inulin, Organic Stevia Extract *(Stevia rebaudiana)*, Silica.

Wholesome Organic Stevia

Nutrition Facts
Serving Size 1 tsp (7g)
Servings Per Container About 65

Amount Per Serving	
Calories 0	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Sugars 0g	
Sugar Alcohol 7g	
Protein 0g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Non-GMO Erythritol

Fresh Hardwood Smoked Ham Slices

Nutrition Facts
Serving Size 2 slices (56g)
Calories 70
Fat Calories 25

Amount/Serving	%DV	Amount/Serving	%DV
Total Fat 2.5g	4%	Total Carb 1g	0%
Sat Fat 1g	5%	Fiber 0g	0%
Cholest. 35mg	12%	Sugars 0g	
Sodium 250mg	10%	Protein 10g	
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	2%

Ingredients: organic ham, cured with water, sea salt, organic honey, celery juice powder, lactic acid starter culture, organic spices.

Wholesome Organic Stevia

VEGETABLES/PRODUCE PRODUCTS (ORGANIC)

INGREDIENTS
Organic Baby Spinach

GreenWise Organic Baby Spinach, Organic, 5 oz Clamshell

INGREDIENTS
Organic Romaine Hearts

GreenWise Organic Romaine Hearts, 12 oz Bag

Organic Broccoli

Organic Cauliflower

Organic Kale Greens

Organic Chard Red

Organic Zucchini

Organic Collard Greens

INGREDIENTS
Organic Baby Arugula

GreenWise Baby Arugula, Organic, 5 oz Clamshell

INGREDIENTS
Organic Romaine Hearts

Natures Greens Organic Kale Greens, Organic, 12 oz (340 g)

INGREDIENTS
Organic Celery Hearts

Marketside Organic Celery Hearts

INGREDIENTS
Organic Spinach Leaves

Organic Baby Spinach Leaves, 5 oz (142 g)

ORGANIC INGREDIENTS:
Baby Green Romaine Lettuce, Baby Red Romaine Lettuce, Tango, Baby Spinach, Baby Red Oakleaf Lettuce, Baby Green Chard, Lolla Rosa, Arugula, Mizuna, Tatsoi, Baby Greenleaf Lettuce, Baby Redleaf Lettuce.

INGREDIENTS:
May Vary by Season

OrganicGirl Baby Spring Mix, 5 oz (142 g)

INGREDIENTS
Organic
Broccoli Florets

Marketside Organic Broccoli Florets

Driscoll's Organic Fresh Blueberries

Organic Strawberries

Organic Raspberries

Nutrition Facts
Serv. Size 3 Olives (15g), Servings Per Container About 8, Amount Per Serving: **Calories** 35, Fat Cal. 30, **Total Fat** 3.5g (5% DV), Sat. Fat 0.5g (3% DV) **Cholest.** 0mg (0% DV), **Sodium** 130mg (5% DV), **Total Carb.** 1g (0% DV), Dietary Fiber <1g (2% DV) **Protein** 0g, Vitamin A (2% DV), Calcium (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: ORGANIC CASTELVETRANO OLIVES, WATER, SALT, LACTIC ACID, ASCORBIC ACID.
PRODUCED IN A FACILITY THAT PROCESSES TREE NUTS, MILK AND SOY.

Whole Foods Market, Organic Castelvetrano Olives

Nutrition Facts Servings: about 9, **Serv. size: 2 olives (15g),** Amount per serving: **Calories 25, Total Fat** 2g (3% DV), Sat. Fat 0g (0% DV), *Trans* Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 170mg (7% DV), **Total Carb.** <1g (0% DV), Fiber 0g (0% DV), Total Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 0g, Vit. D (0% DV), Calcium (0% DV), Iron (0% DV), Potas. (0% DV).

INGREDIENTS: ORGANIC GREEN OLIVES, WATER, SEA SALT, CITRIC ACID.
PRODUCED IN A FACILITY THAT PROCESSES TREE NUTS AND MILK.

365 Everyday Value, Organic Green Olives

INGREDIENTS: Organic raw walnuts.
CONTAINS: WALNUTS.
Caution: May contain shell fragments.

Woodstock Organic Walnuts Halves & Pieces

INGREDIENTS: Organic raw cashews.
CONTAINS: CASHEWS.
Caution: May contain shell fragments.

Organic Whole Cashews

INGREDIENTS: ORGANIC RAW PECANS

Organic Pecan, Halves

INGREDIENTS: ORGANIC ALMONDS

Organic Raw Almonds