

GROCERY FOOD SELECTION LIST

Each option = 1 Serving

PROTEIN Serving | 1 Serving = 1 oz or specified measurement

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|--|---|---|--|
| <input type="checkbox"/> Chicken Thigh - 1 oz | <input type="checkbox"/> Herring - 1 oz | <input type="checkbox"/> 4% Cottage Cheese - ¼ cup | <input type="checkbox"/> Cheese, full fat - 1 oz |
| <input type="checkbox"/> Chicken Leg - 1 oz | <input type="checkbox"/> Mackerel - 1 oz | <input type="checkbox"/> 2% Cottage Cheese - ¼ cup | <input type="checkbox"/> Soy-based Bacon Strips - 3 strips |
| <input type="checkbox"/> Turkey, dark meat - 1 oz | <input type="checkbox"/> Swordfish - 1 oz | <input type="checkbox"/> Kefir, full fat - 1 cup | <input type="checkbox"/> Bacon - 1 strip |
| <input type="checkbox"/> Poultry with skin - 1 oz | <input type="checkbox"/> Rainbow Trout - 1 oz | <input type="checkbox"/> Full Fat & 2% Milkfat Greek or Skyr Yogurt - ¼ cup | <input type="checkbox"/> Moon Cheese - 1 oz |
| <input type="checkbox"/> Whole Eggs - 1 each | <input type="checkbox"/> Bluefish - 1 oz | <input type="checkbox"/> Hot Dogs, full fat - 1 each | |
| <input type="checkbox"/> Tuna Canned in Olive Oil - 1 oz | <input type="checkbox"/> Catfish - 1 oz | <input type="checkbox"/> Sausage, full fat - 1 each | |
| <input type="checkbox"/> Salmon - 1 oz | <input type="checkbox"/> Lamb - 1 oz | <input type="checkbox"/> Impossible Brand Meatless Burgers & Sausage - 1 each | |
| | <input type="checkbox"/> Veal Cutlet - 1 oz | | |

FRUIT Serving

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|---|---|
| <input type="checkbox"/> Blueberries - ¾ cup | <input type="checkbox"/> Grapefruit - ½ cup |
| <input type="checkbox"/> Raspberries - 1 cup | <input type="checkbox"/> Melon - 1 cup |
| <input type="checkbox"/> Strawberries - 1 ¼ cup | <input type="checkbox"/> Peach, medium - 1 |
| <input type="checkbox"/> Blackberries - ¾ cup | <input type="checkbox"/> Nectarine, small - 1 |
| <input type="checkbox"/> Orange, small - 1 | <input type="checkbox"/> Pear - ½ cup |
| <input type="checkbox"/> Apple, small - 1 | <input type="checkbox"/> Tangerine, small - 2 |

DAIRY Serving

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|---|---|
| <input type="checkbox"/> Coconut Milk, full fat - 1 cup | <input type="checkbox"/> Pea Protein Milk, unsweetened - 1 cup |
| <input type="checkbox"/> Whole Milk - 1 cup | <input type="checkbox"/> So Delicious Dairy Free Simply - 150 g |
| <input type="checkbox"/> 2% Milk - 1 cup | |
| <input type="checkbox"/> Soy Milk, full fat - 1 cup | |

FAT Serving

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|--|--|
| <input type="checkbox"/> Half & Half - 2 tbsp | <input type="checkbox"/> Brazil Nuts - 2 |
| <input type="checkbox"/> Heavy Cream - 1 tbsp | <input type="checkbox"/> Hazelnuts - 5 |
| <input type="checkbox"/> Whipped Cream - ¼ cup | <input type="checkbox"/> Walnuts - 4 halves |
| <input type="checkbox"/> Olive Oil - 1 tsp | <input type="checkbox"/> Pecans - 4 halves |
| <input type="checkbox"/> MCT Oil - 1 tsp | <input type="checkbox"/> Pistachios - 16 |
| <input type="checkbox"/> Coconut Oil - 1 tsp | <input type="checkbox"/> Pine Nuts - 1 tbsp |
| <input type="checkbox"/> Butter, full fat - 1 tsp | <input type="checkbox"/> Chia Seeds - 1 tbsp |
| <input type="checkbox"/> Butter, reduced fat - 1 tbsp | <input type="checkbox"/> Flaxseeds - 1 tbsp |
| <input type="checkbox"/> Ghee - 1 tsp | <input type="checkbox"/> Sesame Seeds - 1 tbsp |
| <input type="checkbox"/> Bacon - 1 slice | <input type="checkbox"/> Tahini Sauce - 2 tsp |
| <input type="checkbox"/> Cream Cheese - 1 tbsp | <input type="checkbox"/> Black Olives - 8 large |
| <input type="checkbox"/> Mayonnaise, full fat - 1 tsp | <input type="checkbox"/> Green Olives with Pimento - 10 large |
| <input type="checkbox"/> Salad Dressing, full fat - 1 tbsp | <input type="checkbox"/> Prosciutto - 1 oz |
| <input type="checkbox"/> Avocado - 2 tbsp | <input type="checkbox"/> Hemp Seeds - 1 tbsp |
| <input type="checkbox"/> Nut Butters - 1 ½ tsp | <input type="checkbox"/> Coconut - 2 tbsp |
| <input type="checkbox"/> Almonds - 6 | <input type="checkbox"/> Sour Cream, full fat - 2 tbsp |
| <input type="checkbox"/> Peanuts - 10 | <input type="checkbox"/> Primal Kitchen Dressings & Marinades - 1 tbsp |
| <input type="checkbox"/> Pumpkin Seeds - 1 tbsp | |
| <input type="checkbox"/> Macademia Nuts - 3 | |
| <input type="checkbox"/> Cashew Nuts - 6 | |

VEGETABLE Serving | 1 cup raw OR 1/2 cup cooked

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|--|---|
| <input type="checkbox"/> Spinach | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Kale | <input type="checkbox"/> Eggplant |
| <input type="checkbox"/> Leafy Greens | <input type="checkbox"/> Bell Peppers |
| <input type="checkbox"/> Romaine | <input type="checkbox"/> Asparagus |
| <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Tomato Sauce, no added sugar |
| <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Green Beans |
| <input type="checkbox"/> Cauliflower Florets | <input type="checkbox"/> Brussel Sprouts |
| <input type="checkbox"/> Riced Cauliflower | <input type="checkbox"/> Spaghetti Squash |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Celery |
| <input type="checkbox"/> Zucchini | <input type="checkbox"/> Palmini Noodles - 75 g |
| <input type="checkbox"/> Summer Squash | |

FREE Serving | Unlimited unless otherwise noted

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|---|--|
| <input type="checkbox"/> Pink Himalayan Sea Salt | <input type="checkbox"/> Coconut Aminos |
| <input type="checkbox"/> Dry Herbs, no added sugar | <input type="checkbox"/> Cocoa Powder - 1 tbsp |
| <input type="checkbox"/> Dry Spices, no added sugar | <input type="checkbox"/> Soy Sauce |
| <input type="checkbox"/> Spice Mixes, no added sugar | <input type="checkbox"/> Stevia Drops |
| <input type="checkbox"/> Herb Mixes, no added sugar | <input type="checkbox"/> Erythritol |
| <input type="checkbox"/> Black Pepper | <input type="checkbox"/> Truvia |
| <input type="checkbox"/> Jalapeno | <input type="checkbox"/> Monk Fruit |
| <input type="checkbox"/> Hot Peppers | <input type="checkbox"/> Xylitol |
| <input type="checkbox"/> Mustard | <input type="checkbox"/> Walden Farm Syrup, sugar free |
| <input type="checkbox"/> Dijon Mustard | <input type="checkbox"/> Unsweetened Coffee |
| <input type="checkbox"/> All Vinegar, except balsamic | <input type="checkbox"/> Unsweetened Tea |
| <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Shirataki Noodles - 3 oz |
| <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Miracle Noodles - 3 oz |
| <input type="checkbox"/> Hot Sauce, no added sugar | <input type="checkbox"/> Seaweed Snack - 5 g |
| <input type="checkbox"/> Capers | |

Diet Direct Shakes & Drinks

Protein Fruit Drink, Wildberry
Protein Cappuccino Mix, Original
Protein Fruit Drink, Variety Pack
Keto Meal Shake, Chocolate
Keto Meal Shake, Mocha
Keto Meal Shake, Vanilla
Keto Meal Shake, Variety Pack
Keto Smoothie, Banana Crème

Keto Smoothie, Berry
Keto Smoothie, Strawberry Yogurt
Keto Smoothie, Variety Pack
Keto Coffee, Original with Cream
Keto Hot Chocolate, Creamy Cocoa
Protein Coffee, Original
Protein Coffee, Original with Cream

Diet Direct Protein Breakfast

Protein Oatmeal, Maple & Brown Sugar
Protein Diet Cereal, Cinnamon
Protein Diet Cereal, Honey Nut
Protein Diet Cereal, Cocoa

Protein Diet Cereal, PB Chocolate
Protein Diet Cereal, Fruity
Protein Pancake & Waffle Mix, Blueberry
Protein Pancake & Waffle Mix, Original

Diet Direct Lunch & Soup

Protein Soup Mix, Chicken Bouillon
Protein Soup Mix, Chicken Noodle
Protein Soup Mix, Cream of Broccoli
Protein Soup Mix, Cream of Chicken

Protein Soup Mix, Cream of Mushroom
Keto Soup, Tortilla
Protein Grain & Seed Brown Bread

Diet Direct Bars & Snacks

Protein & Fiber Bar, Fluffy S'more Crisp
Meal Replacement Bar, Berry
Meal Replacement Bar, Vanilla
KETO Tortilla Chips, BBQ
KETO Tortilla Chips, Creamy Ranch

KETO Tortilla Chips, Spicy Nacho
Protein & Fiber Bar, Fluffy Nutter
Protein & Fiber Bar, Fluffy Vanilla Crisp
Protein & Fiber Bar, Fluffy Salted Toffee Pretzel

Diet Direct Desserts

Protein Pudding Mix, Banana Delight
Protein Cake Mix, Double Chocolate
Protein Mug Cake, Blueberry
Protein Mug Cake, Chocolate

Protein Pudding Mix, Chocolate Chip with Marshmallows
Protein Pudding Mix, Dark Chocolate
Protein Pudding Mix, Toffee Creme
Protein Cookie, Chocolate Chip