

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)