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# KETO SHOPPING LIST

- Meats:**  
Bacon  
Ground Beef  
Beef  
Chicken (all cuts)  
Turkey  
Pork  
Wild Game  
Duck  
Beef Jerky  
Sausages  
Ham  
Pastrami  
Pepperoni  
Smoked Deli Meats  
Hotdogs  
Fish & Shellfish
- Eggs:**  
Eggs
- Dairy:**  
Butter (grass fed preferred)  
Heavy Cream  
Hard Cheeses  
Soft Cheeses  
Sour Cream  
Cottage Cheese  
Greek Yogurt (low carb)  
Mayo
- Flour:**  
Coconut  
Almond  
Psyllium Husk
- Veggies:**  
Artichokes  
Asparagus  
Broccoli  
Brussels Sprouts  
Cabbage  
Cauliflower  
Celery  
Cucumber  
Garlic  
Green Beans  
Kale  
Lettuce  
Mushrooms  
Okra  
Onion  
Peppers  
Pumpkin  
Radishes  
Sauerkraut  
Spinach  
Tomatoes  
Zucchini
- Fats:**  
Avocado Oil  
Coconut Oil  
Olive Oil  
MCT Oil  
Ghee  
Lard  
Bacon Fat  
Coconut Butter
- Fruits:**  
Avocados  
Berries  
Lemon  
Lime  
Coconut (unsweetened)
- Nuts & Seeds:**  
Pecans  
Almonds  
Walnuts  
Macadamias  
Peanuts (your choice)  
Sunflower Seeds  
Chia Seeds  
Flaxseeds  
Pumpkin Seeds
- Unsweetened Nut Butters:**  
Almond Butter  
Macadamia Nut Butter  
Coconut Butter  
Peanut Butter (your choice)
- Pantry Items:**  
Pork Rinds  
Chicken Broth  
Beef Broth  
Bone Broth  
Xanthan Gum  
Herbs & Spices  
Tabasco  
Salad Dressings (low carb)  
Brags Aminos  
or Coconut Aminos  
Baking Cocoa Powder  
Sweetener Options -  
Sweve (granulated  
or confectioners),  
Stevia, Erythritol,  
Monk Fruit, Truvia, Xylitol  
100% Unsweetened  
Chocolate  
Lily's Choc Chips  
Pickles  
Parchment Paper



# FREE PRINTABLE

## KETO FRIENDLY FOODS

- Vegetables**  
Artichoke  
Asparagus  
Broccoli  
Brussels Sprouts  
Cabbage  
Cauliflower  
Celery  
Cucumber  
Eggplant  
Endive  
Garlic  
Green Bean  
Jalapeno  
Kale  
Lettuce  
Mushrooms  
Okra  
Onion  
Parsley  
Peppers  
Pumpkin  
Spinach  
Soy Bean  
Squash  
Zucchini
- Seafood**  
Anchovy  
Bass  
Burrbot  
Carp  
Crab  
Flounder  
Haddock  
Halibut  
Herring  
Lobster  
Mackerel  
Mussels  
Oysters  
Salmon  
Shrimp  
Sole  
Tilapia  
Trout  
Tuna
- Meat**  
Bacon  
Beef Hot Dogs  
Bologna  
Corned Beef  
Filet Mignon  
Ground Beef  
Ham  
Lamb Chops  
Liverwurst  
Pork Chops  
Pork Loin  
Prosciutto  
Ribeye  
Round Steak  
Sirloin Steak  
Veal  
Venison
- Poultry**  
Eggs  
Chicken Breast  
Chicken Legs  
Chicken Wings  
Turkey  
Turkey Bacon
- Dairy**  
Almond Milk  
Coconut Cream  
Coconut Milk  
Greek Yogurt  
Heavy Cream  
Sour Cream  
Whipped Cream  
Unsweetened  
Whole Milk  
Almonds  
Brazil Nuts  
Chia Seeds  
Coconut  
Flax Seeds  
Hazelnuts  
Hemp Seeds  
Macadamia Nuts  
Pecans  
Pumpkin Seeds  
Sesame Seeds  
Sunflower Seeds  
Walnuts
- Fats**  
Almond Butter  
Almond Oil  
Avocado Oil  
Butter  
Coconut Butter  
Coconut Oil  
Flax Seed Oil  
Grape Seed Oil  
Hemp Seed Oil  
Macadamia Butter  
Macadamia Oil  
Mayonnaise  
MCT Oil  
Olive Oil  
Sunflower Butter  
Walnut Oil  
American Cheese  
Blue Cheese  
Cheddar Cheese  
Cream Cheese  
Cream Cheese  
Feta Cheese  
Goats Cheese  
Mozzarella Cheese  
Parmesan Cheese  
Provolone Cheese  
Ricotta Cheese  
Swiss Cheese

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**7 Days of Menus - Paleo Foods Diet**

| Meal      | Food                   | Qty | Calories | Meal      | Food                          | Qty | Calories |
|-----------|------------------------|-----|----------|-----------|-------------------------------|-----|----------|
| Breakfast | Roasted Sweet Potatoes | 10  | 100      | Lunch     | Egg, whole, cooked, scrambled | 10  | 100      |
|           | Maple Syrup            | 10  | 100      |           | Roasted Sweet Potatoes        | 10  | 100      |
| Lunch     | Chicken, wild or game  | 10  | 100      | Dinner    | Beef, ground, 80/20           | 10  | 100      |
|           | Maple Syrup            | 10  | 100      |           | Beef, ground, 80/20           | 10  | 100      |
| Dinner    | Maple Syrup            | 10  | 100      | Breakfast | Maple Syrup                   | 10  | 100      |
|           | Maple Syrup            | 10  | 100      |           | Maple Syrup                   | 10  | 100      |

**Shopping List**

- 10 Chicken, wild or game
- 10 Beef, ground, 80/20
- 10 Maple Syrup
- 10 Egg, whole, cooked, scrambled
- 10 Roasted Sweet Potatoes
- 10 Beef, ground, 80/20
- 10 Maple Syrup
- 10 Maple Syrup

Helping you get to a Healthy Weight!

## FREE PRINTABLE VEGAN GROCERY LIST





Es gibt einen Unterschied zwischen dem pH-Wert eines Lebensmittels und seiner Wirkung auf den pH-Wert im Körper. Mit unserer Liste der sauer oder basisch wirkenden Lebensmittel können Sie für Ihre Ernährung stets die richtige Entscheidung treffen.

| sehr sauer   | mittel sauer                                     | schwach sauer                                    | Kategorie                            | schwach basisch  | mittel basisch  | stark basisch   |
|--|--|--|--------------------------------------|--|---|---|
| Heidelbeeren, Preiselbeeren, Pflaumen, gesüßter Fruchtsaft | Sauerkirschen, Rhabarber, Früchte aus der Dose   | Pflaumen, Fruchtsäfte                            | <b>Früchte</b>                       | Orangen, Bananen, Kirschen, Pfirsiche, Avocados  | Datteln, Feigen, Melonen, Trauben, Kiwi, Beeren, Apfel, Birnen, Rosinen, Alfalfa  | Zitronen, Wassermelone, Limetten, Grapefruit, Mangos, Ananas, Papayas   |
|  | Kartoffeln (geschält), Pinto-Bohnen, Limabohnen  | Gekochter Spinat, Kidney Bohnen, grüne Bohnen    | <b>Gemüse, Bohnen, Hülsenfrüchte</b> | Karotten, Tomaten, frischer Mais, Pilze, Kohl, Erbsen, Kartoffelschalen, Oliven, Rosenkohl, Hähnchen | Okra, Kürbis, grüne Bohnen, Rüben, Sellerie, Salat, Zucchini, Süßkartoffel, Carob | Spargel, Zwiebeln, Gemüsesäfte, Petersilie, Spinat, Brokkoli, Knoblauch |
| Schweinefleisch, Schalen- und Krustentiere, Kaninchen      | Pute, Lamm, Rind                                 | Wild, Kaltwasserfische                           | <b>Fleisch- und Wurstwaren</b>       |  |   |   |
| Käse, Vanillesoße, homogenisierte Milch, Eiscreme          |  | Butter, Buttermilch, Quark, Hüttenkäse, Rohmilch | <b>Milch und Eier</b>                | Ziegenmilch, Ziegenkäse, Molke, Joghurt, Eier  |   |   |
| Weizen, Weißmehl, Gebäck, Teigwaren                        | Weißer Reis, Maismehl, Buchweizen, Hafer, Roggen | Vollkornbrot, brauner Reis                       | <b>Getreide</b>                      | Hirse, Wildreis  |   |   |
| Distelöl, Sesamöl  | Sonnenblumenöl, Erdnussöl                        | Maisöl   | <b>Öle</b>                           | Hanf Samenöl   | Leinöl  | Oliveöl, Rapsöl   |
| Alkoholische Getränke, Bier, Soft Drinks                   | Tea, Kakao, Weißwein                             | Rotwein, Destilliertes Wasser                    | <b>Getränke</b>                      | Grüner Tee   | Kräutertees, Zitronenwasser, Quell-/Mineralwasser                                 |   |
| NutraSweet, Aspartam, Sweet 'N Low                         | Weißer Zucker, brauner Zucker, Melasse           | Verarbeiteter Honig                              | <b>Süßungsmittel</b>                 | Roh-Honig, Rohzucker   | Ahornsirup, Reissirup   | Stevia, Agar  |
| Erdnüsse, Walnüsse   | Pekannüsse, Cashewnüsse, Pistazien               | Kürbiskerne, Sonnenblumenkerne, Sesam            | <b>Nüsse und Samen</b>               | Kastanien  | Mandeln   |   |
| Schokolade   | Marmelade, Ketchup, Mayonnaise, Senf, Essig      |  | <b>Sonstiges</b>                     |  |   | Natrium, Kalium, Apfelessig   |

Gm diet shopping list.

There is no absolute recommendation for the total amount of water to drink per day, which depends on a person's age, body weight, and overall health. People following the GM diet can take part in light forms of exercise, such as yoga, while dieting. It also allows several snacks throughout the day. In addition, the diet involves a broth called "wonder soup," which is a tangy, low-calorie vegetable soup containing cabbage, tomatoes, celery, pepper, and carrots. Fish - Rich in protein content and a good source of Omega-3 fatty acids. People can eat vegetables raw or cooked. breakfast: 1 sweet potato or 1 baked potatoesnack: 1 bowl of cabbagelunch: a mixed salad containing lettuce, tomatoes, carrots, and cucumbersnack: 1 bowl of steamed or raw broccolidinner: 1 bowl of kale or arugula with asparagusnack: 1 bowl of sliced cucumbersDay 3 — Fruit and vegetablesPeople can eat the same foods as days 1 and 2, avoiding bananas and potatoes.breakfast: 1 apple or 1 bowl of watermelonsnack: 1 bowl of cherry tomatoeslunch: a mixed saladsnack: 1 bowl of sliced cucumbersdinner: 1 kale salad with carrots and cucumbers and 1 bowl of strawberries on the sidesnack: 1 appleDay 4 — Bananas and milkEat bananas either whole or in a smoothie with milk and ice. Then you should know a few basics about the General Motors diet routine. Vegetables: Day 2, 3, 6 & 7Vegetables are rich in fiber and vitamins. The plan recommends 2-3 glasses of water with each meal. Research has identified links between diets high in added sugars and a range of health conditions, including obesity, heart disease, and type 2 diabetes.The Centers for Disease Control and Prevention (CDC) recommend that people limit their daily intake of added sugars to less than 10 percent of their total daily calories.Other reported benefitsSome sources also claim that those who follow the GM diet will experience a variety of other impressive results, such as:However, it is important to note that there is a lack of research to support these claims.Although the idea of substantial weight loss within a short period may seem attractive, the GM diet does come with risks.Lacks important nutrientsPeople following the GM diet may not get enough of certain important food groups, such as healthful fats and protein. Dairy: Day 4On the fourth day of the GM diet plan, you can have the milk and bananas. Pears - Rich in water content and also helps in reducing blood pressure. It requires people to make both dietary and lifestyle changes. Go buy these groceries and stock your refrigerator one week in advance so that you can effectively prepare and execute the diet. Such diets may also reduce feelings of hunger and have beneficial effects on the body's metabolism. They are low in calories, but will keep you full for a longer time. Broccoli - highly nutritious, rich in Vitamin C and dietary fiber. Professional dieticians can work with people to develop a personalized weight-loss plan that can help them achieve their goals with less risk than short-term diets. Carrots - High in Vitamin A and low in calories. Although the diet encourages people to eat more fruit and vegetables, it is very low in other essential food groups, such as unsaturated fats and protein.Long-term weight loss involves more than just dieting. Cauliflower - contains less calories, but is rich in proteins, fiber, vit C, Calcium, B-6 and Magnesium. Below is a list of fruits that can be eaten during the 1 week diet program. If possible, try to get organic fruits for better health.List of fruits that can be eaten during the 7 day diet include Watermelon - Highly recommended due to its water content which makes you feel satiated without filling in calories. Try to avoid it on the remaining days for best results.Do note that fruit juices should be consumed only on the seventh day. Beverages: All DaysThe only beverages that are allowed during the General Motors diet program are water, black tea or black coffee. Spinach & other greens - Rich in iron content.Here are a few other foods that can be used to improve the taste of your recipes - Onions, Lemon, Capsicum and Red Chillies. Banana - It should be eaten only on the day 4. Eating a balanced diet and participating in regular physical activity are important habits to develop when trying to achieve long-term weight loss.People who feel that they want or need to lose weight but do not know where to start can consult a healthcare professional or a licensed dietician. Their diet may also lack essential vitamins and minerals that come with eating a wide variety of healthful foods.While the trans fats that are present in many fried and baked foods can raise cholesterol and cause health problems, a person's body needs healthful unsaturated fats to function.Unsaturated fats, such as those in salmon, avocados, and walnuts, help improve cholesterol and also offer other health benefits.Research suggests that high-protein diets promote weight loss and lower cholesterol and blood glucose levels. Beetroot - Good for increasing RBC and also rich in vitamins and proteins. In that case, you should get the following food items. Some sources claim that the General Motors corporation developed and endorsed this diet plan to help its employees lose weight.Share on PinterestA smoothie containing banana and skim milk is a snack option on day 4 of the 7-day meal plan.The GM diet promotes weight loss in several ways, including:encourages people to eat more fruit and vegetables, which are healthful, low-calorie foodsdoes not allow added sugars or processed foodsdoes not permit refined carbohydrateslowers people's daily calorie intakePeople following the GM diet are likely to lose weight because it involves taking in fewer calories than a person uses up. Since the white rice contains a lot of carbohydrates, the brown rice is suggested in the diet plan.You can prepare the brown rice pulao with sprouts as it tastes good that way. Meat: Day 5 & 6 (GM Diet for Non-Vegetarians)If you're a non-vegetarian, you'll be eating meat on the fifth and sixth day of the General Motors diet. Grapes - Nutritious and also decreases the risk of obesity and overall mortality. High in water content. Should be taken as an alternative to beef or chicken, but not along with them. You can either have them raw or cooked. However, the end result (lbs) depends on several factors like your lifestyle and health profile.See: Why you're not losing weight?Thanks to the prerequisite that you only have to eat a selected type of foods during this diet, it doesn't cost you much. So, what are you waiting for? Fruits and vegetables suppress fat accumulation in the body because they are low in calories and high in fiber, which makes people feel fuller for longer.Fewer added sugarsThe GM diet does not allow added sugars in either foods or beverages, including alcohol.People in the United States generally eat and drink more sugar than is healthful. Tomatoes - Less caloric but rich in Vitamins A & C. Therefore, it is advised to stock your refrigerator with all the necessary ingredients for GM diet in advance for the whole week.In this article, I'd be sharing the complete grocery list of food items that you would need during the General Motors diet. Apple - High in dietary fiber and Vitamin C. However, it is advised to drink them without adding milk, sugar or sweetener.That's the end of the GM diet grocery list friends! These are the recommended or allowed foods during the General Motors diet. People following the GM diet may not get enough protein.Short-term weight lossThe GM diet is not suitable as a long-term diet strategy, meaning that a person may regain weight once they stop following the diet.One reason for this is that the diet does not necessarily teach techniques for healthful cooking or eating, and these techniques are essential for long-term weight maintenance.Short-term diet plans are less effective for weight-loss maintenance than adopting long-term lifestyle changes, such as increasing exercise levels and cooking with a range of healthful ingredients.Other risksOther risks that one GM diet website lists include:People following the GM diet eat a different food group or combination of food groups each day. Orange - Low in calories and help in speeding up weight loss. Each day focuses on a specific food or food group.GM stands for General Motors. Vegetarians can have cottage cheese or brown rice in place of meat.breakfast: 5-6 oz serving of meat with 1 bowl of vegetableslunch: 7-8 oz serving of meat with 1 bowl of vegetablesdinner: 5-6 oz serving of meat with wonder soupsnacks: wonder soupDay 7 — Rice, fruit, and vegetablesEat fruit, vegetables, and brown rice. Beef - rich in iron and protein content. Both the black tea & coffee are an excellent source of anti-oxidants and have less calories. The GM diet aims to help people lose weight by focusing on a specific food or food group each day for a week.According to one GM diet plan website, this diet helps users lose at least 10-17 pounds in 1 week. The main foods that the GM diet allows include fruits, vegetables, meat, and milk.The plan instructs people to eat a big breakfast, a moderately sized lunch, and a light dinner. Very good for digestion. You may sprinkle some rock salt and pepper on the salads or in the vegetable soups. Brown Rice: Day 5, 6 & 7 (GM Diet for Vegetarians)If you're a vegetarian, then you may replace the meat with brown rice, which is also high in protein, iron and fiber content. However, it can cause nutritional deficiencies and may not be sustainable in the long term. The GM diet restricts the types of food that people eat. You can either prepare the Beef/Chicken soup or have the grilled beef/chicken kebab. Mango - Should be limited to a single fruit per day as it contains more calories. No other fruits or vegetables are allowed, but people can also eat wonder soup.breakfast: 2 bananas and 1 glass of milksnack: 1 smoothie containing banana and skim milklunch: 1 smoothie containing banana and skim milkdinner: 1 bowl of wonder soupsnack: 1 smoothie containing banana and skim milkDay 5 — MeatEat 20 ounces (oz) of either beef, chicken, or fish. However, it is suggested to use the skimmed milk for best weight loss results. On days 5 to 7, people can start adding strength training to their exercise regimen.Below, we explain the basic outline of the GM diet and provide possible meal plans:Day 1 — FruitPeople can eat a range of fruits, especially melons and citrus fruits, but should avoid bananas.breakfast: 1 medium apple or 1 bowl of mixed berriesnack: 1 bowl of cantaloupe or an orangeunch: 1 bowl of watermelonsnack: 1 orangedinner: 1 pear or 1 bowl of kiwisnack: 1 bowl of mixed berriesDay 2 — VegetablesStart the day with a sweet potato or baked potato, but limit potato intake to breakfast only. Papaya - It is called the 'fruit of the angels' by Christopher Columbus. You basically have to eat prescribed meals every day for 1 week without fail in order to lose weight naturally. People can eat wonder soup as a snack to curb hunger pangs until their next meal.The plan recommends that people drink a lot of water to promote proper digestion and prevent them from feeling tired. Cucumber - The best friend for those who're trying to lose weight. So, it is very important to plan your diet based on the suggested foods in order to achieve successful weight loss results. Chicken - If you can't eat beef, then you can replace it with Chicken (skinless & boneless). All the best. It claims to promote weight loss by burning calories without affecting mood or energy levels.However, this plan may exclude essential nutrients, and it might not be a sustainable long-term weight-loss strategy.In this article, we look at the GM diet in more detail, including how it works and its benefits and risks.The GM diet consists of a 7-day meal plan. GM Diet Grocery List Fruits: Day 1, 3 & 7You can eat almost all types of fruits on the GM diet, but with an exception of Bananas on the Day 1 & 3. Cabbage - very low in calories but rich in fiber content and Vitamin C. On an average, the dieters lose around 10 to 15 pounds within a week without any exercise. Vegetarians can replace meat with cottage cheese or brown rice.breakfast: 5-6 oz serving of meat and 2 whole tomatoeslunch: 7-8 oz serving of meat with 2 whole tomatoesdinner: 5-6 oz serving of meat with 2 whole tomatoesnacks: wonder soup or freshly pressed tomato juicenan additional 4 cups of waterDay 6 — Meat and vegetablesEat 20 oz of meat and unlimited raw or cooked vegetables, excluding potatoes and tomatoes. The diet plan for this day permits sugar-free juice.breakfast: 1 bowl of brown rice and 1 orange or a bowl of watermelonlunch: 1 bowl of brown rice and 1 glass of sugar-free fruit juicedinner: 1 bowl of brown rice with 1 bowl of raw or cooked vegetablessnacks: berries, citrus fruits, or wonder soupThe GM diet is appealing because it promises substantial weight loss in as little as 1 week.Beneficial aspects of the diet include its focus on eating plenty of fruits and vegetables and avoiding added sugars. After day 3, they can add walking or other low-intensity cardio to their workouts. Are you trying to lose weight through the 7 days GM diet program? However, it is unlikely to be the most healthful way to lose weight.Each person's body is different so people may experience different results.The GM diet plan has several associated benefits and risks.More fruits and vegetablesOne health benefit of the GM diet is that fruits and vegetables are the primary foods. You can have them on the Day 4, which is the Banana & Milk day.

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