



# KETO CHEAT SHEET

We're here to make your Keto meal planning easy and delicious! Use this sheet for tips on choosing what to buy and where to find Keto-friendly\* items. Look for indicators throughout the store.

Meal planning on a specialty diet can be difficult. Consider these substitutions when planning your next meal:

IF YOU EAT THIS	SUBSTITUTE THIS
Pasta	Freshly spiralized butternut squash or zucchini "zoodles"
Rice	Freshly riced broccoli or cauliflower
Salty potato or corn chips	Nuts, seeds, veggie chips, or pork rinds
Traditional frozen pizza	Cauliflower crust pizza
Sugary soda	Unsweetened sparkling water, cold brew, and tea
Breakfast sandwich	Sous vide egg bites from our deli
Ice cream	UpStar Keto ice cream
Pasta salad	Shrimp avocado ceviche from our deli
Baked goods with wheat or other grain flours	Nut, coconut, tapioca, or other alternative flours, or pre-made pancake or dough mixes
Sugar, corn syrup	Stevia, erythritol (Swerve), xylitol, sorbitol, inulin, monk fruit, or honey

\*We use Keto-friendly terminology to mean that the items or recipes are compliant based on the Paleo Foundation Keto Certification Program Standards.



# WHERE TO FIND KETO-FRIENDLY ITEMS

## MEAT

Organic chicken  
Organic ground sausage  
Grass-fed ground beef  
Grass-fed beef roasts  
Grass-fed steaks

## SEAFOOD

Fresh wild-caught black cod  
Fresh wild-caught halibut  
Fresh wild-caught salmon

## PRODUCE

Zucchini spirals  
Butternut squash spirals  
Fresh guacamole  
Fresh leafy greens  
Fresh berries

## PREPARED DELI FOODS

Sliced Tuscan pork loin  
Lemon-thyme cedar plank salmon  
Mediterranean eggplant rounds  
Asparagus with toasted pancetta  
Asparagus with shaved parmesan  
Sous vide egg bites  
Hak's turkey meatball and Napa cabbage meal  
Shrimp avocado ceviche

## GROCERY

Raw nuts  
Wild Planet tuna  
Wild Harvest tuna  
Dang Keto Bar  
4505 Classic Chicharrones

## DAIRY

Three Trees almond milk, organic and unsweetened  
Nutpods dairy-free creamers  
Burn Butter coffee butter  
Purity Farm ghee (clarified butter)

## FROZEN

Keto ice creams  
Bone broths  
Heritage Health Foods X Burger  
Bonafide Keto broth cups

## COLD DRINKS

Lyle's Buttered Coffee cold brews

## HEALTH AND NUTRITION

Bulletproof Brain Octane Oil  
Bulletproof Whey Protein Powder  
Bulletproof XTC Protein Oil  
Vital Proteins Collagen Shots  
Vital Proteins Collagen Peptides Singles  
Primal Kitchen Collagen Protein  
Ancient Nutrition Keto Protein  
Ancient Nutrition Keto Fire Ketone Activator  
Ancient Nutrition Bone Broth Protein

In addition to this list, be sure to check out tasty Keto-friendly recipes on our website at [www.metropolitan-market.com/recipes/keto](http://www.metropolitan-market.com/recipes/keto)