

# ROUSES MARKETS

## KETO FOOD LIST

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### **FRESH MEAT, CHEESE, & EGGS**

- Columbus Pancetta
- Columbus Proscuitto
- Galbani Mozzarella Ball
- Columbus Genoa Chub
- Smoked Salmon Wild Pre-Sliced
- Kraft Finely Shredded Mild Cheddar
- Kraft Shredded 2% Mozzarella
- LaBonne Vie Goat Cheese Log - Large
- LaBonne Vie Goat Cheese - Plain
- Organic Valley Large Brown Eggs
- Handsome Brook Farms Pasture Raised Eggs

### **LOW CARB SNACKS**

- Whisps - Variety of Flavors
- Granarolo Cheese Crisps
- Shrewd Food Protein Croutons and Protein Crisps
- Dang Bar - All Flavors
- Twin Peaks Protein Puffs - Variety of Flavors
- Quest Bars - 15 flavor varieties
- Quest Chips - Variety of Flavors
- Quest Cookies
- Iconic Protein Drink- Flavor Varieties

- Nuco Wrap Coconut Moringa
- Rhythm Superfoods Kale Chips - Flavor Variety
- Doctor in the Cracker Flaxseed Crackers
- Dang Coconut Chips
- Made in Nature Coconut Chips
- Navita Cacao Nibs
- 4505 Chicharrones Pork Rinds
- Slim Fast Keto Fat Bomb
- Slim Fast Keto Fudge Brownie
- Julian Baker Granola Protein Cereal
- Sola Bars Variety

### **LOW CARB CONDIMENTS:**

- Orti Ditalia Bruschetta Pesto Basil
- Blue Plate Light Mayo with Olive Oil
- Hanley's Avocado Dressing
- Delallo Artichoke Bruschetta
- Delallo Olive Oil Pesto Sauce
- Alessi Pesto Sauce
- Classic Creations Basil Pesto
- Mantova Pesto Sauce
- Rouses Lime Juice
- Rouses Sicilian Lemon Juice
- Primal Kitchen Mayo - Variety of Flavor
- Primal Kitchen Dressing- Variety of Flavors

- Primal Kitchen Ketchup
- Walden Farms Dressings, Sauces, and Marinades - Variety of Flavors
- Follow Your Heart Vegenaize
- Chosen Foods Mayo

### **LOW CARB BREAD:**

- Sola Bread and Buns
- Thin Slim Bread, Bagels, and Buns

### **LOW CARB FROZEN:**

- Rebel Ice Cream - Variety of Flavors
- Keto Pint - Chocolate and Vanilla
- Quest 4 Cheese Pizza
- Quest Supreme Pizza
- Real Good 3 Cheese Pizza
- Real Good Poppers - Variety of Flavors
- Real Good Enchiladas - Variety of Flavors
- Atkins Crustless Chicken Pot Pie
- K'Bosh Keto Crusts - Zucchini, Cauliflower, Broccoli

### **BUTTER, CREAM, YOGURT, GHEE & MILK:**

- Country Crock Plant Based
- Certified Organic Ghee Clarified Butter

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- 4th & Heart Ghee – Original, Himalayan Pink Salt, Grass Fed
- Carrington Farms Ghee
- Tava Ghee Original
- Bulletproof Grass Fed Ghee
- Medlee Seasoned Butter – All Flavor Varieties
- Kerry Gold Irish Salt Butter
- Kerry Gold Butter Stick
- Kerry Gold Natural Soft Butter
- Earth Balance Organic Coconut Spread
- Organic Valley Cream Cheese
- Daisy Sour Cream
- Breakstone Ricotta Cheese
- Chobani 4% Plain Yogurt
- Greek God Yogurt Traditional Plain
- Dairy Pure 36% with Cream
- Organic Valley Ultra Heavy Whip Cream
- So Delicious French Vanilla Coconut Milk
- Ripple Unsweetened
- Blue Diamond Almond Breeze
- Silk Almond & Coconut Unsweetened
- Good Karma Flaxmilk
- Rediwhip Coconut

### **COOKING OIL:**

- La Tourangelle Avocado Oil
- Rouses Unfiltered Extra Virgin Olive Oil

- Rouses Sicilian Extra Virgin Olive Oil
- Gaea Extra Virgin Olive Oil
- Spectrum Natural Avocado Oil
- Pompeian Pure Olive Oil
- Colavita Extra Virgin Olive Oil Greek
- Carrington Farms Coconut Oil
- Spectrum Natural Organic Coconut Oil
- Louana Organic Coconut Oil
- Primal Kitchen Avocado Oil
- Pam Coconut Oil Spray

### **LOW CARB FLOUR & BAKING:**

- Bobs Red Mill Organic Coconut Flour
- Bobs Red Mill Almond Flour
- Bobs Red Mill Gluten Free Coconut Flour
- Arrowhead Organic Flaxseed
- Goco Coconut Sesame Seed
- Goya Coconut Milk
- Hershey's Dark Chocolate Chips
- Hershey's Cocoa
- Lily's Milk Chocolate Baking Chips
- Lily's Semi Sweet Style Baking Chips
- Lily's Dark Chocolate Peanut Butter Cups – Dark Chocolate, Milk Chocolate
- Lily's Dark Chocolate Baking Bar – over a dozen varieties

- Let's Do Organic Unsweetened Shredded Coconut

### **BROTHS:**

- Epic Turkey Bone Broth
- Kitchen Basics Chicken Bone Broth
- Pacific Food Bone Broth
- Imagine Low Sodium Chicken Broth
- Lono Life – Savory Chicken Bone Broth, Grass Fed Beef Broth
- Kettle and Fire Beef Broth and Chicken Broth
- Kettle and Fire Soup Variety

### **OLIVES:**

- Central Grocery Italian Olive Salad
- Perrone Italian Olive Salad
- Gambino Olive Salad Pepperoncini
- Gambino Italian Olive Salad
- Boscoli Italian Olive Salad
- Rouses Olive Salad
- Rouses Olive Jumbo Stuffed
- Rouses Almond Stuffed Green Olives
- Rouses Blue Cheese Stuffed Green Olives

### **COFFEE & SWEETENERS:**

- Kitu Super Coffee – Variety of Flavors

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- Bang Coffee Heavenly  
Hazelnut
- Stevia In the Raw
- Pyure Sweetener Stevia For  
Baking
- Sweetleaf Sweetener Packets
- Purevia Sweetener Sticks
- Swerve Packets
- Swerve Sweetener Granular
- Swerve Sweetener Brown  
Sugar Replacement
- Lakanto Classic Monkfruit
- Nut Pods Creamer

### **SHELF STABLE MEAT:**

- Cento Flat Anchovies
- King Oscar Anchovie Flat
- Brunswick Sardines in Oil
- Roland Flat Fillet of Anchovies
- Beach Cliff Sardines
- Bumble Bee Sardines
- Chicken of the Sea Sardines
- King Oscar Sardines
- Chicken of the Sea Tuna  
Infusions – Basil, Lemon  
Thyme, Sundried Tomato, Thai  
Chili
- Starkist Chunk Light Tuna in  
Water
- Starkist Chunk Light Tuna in  
Oil Pouch

### **NUTS & NUT BUTTER:**

- Fisher Chopped Walnuts
- Fisher Sliced Almonds
- Fisher Pecan Halves
- Fisher Chopped Pecans

- Rouses Sunflower Kernels
- Blue Diamond Whole/Natural  
Almonds
- Smuckers Natural Chunky  
Peanut Butter
- Smuckers Organic Peanut  
Butter
- Conut Butter Sea Salt Almond  
Butter

### **MEAT STICKS:**

- Epic Sweet and Savory Bison  
and Uncured Bacon
- Epic Bacon Maple Bar
- Epic Salmon Jerky – Maple
- Epic Salmon Smoked Maple  
Strip
- Epic Chicken Sweet Sesame  
Ginger
- Rouses Traditional Beef Jerky  
– All Flavor Varieties

### **PASTA ALTERNATIVES:**

- Tofu Shirataki Fettuccine
- House Foods Tofu Noodles
- Palmini Hearts of Palm Pasta
- Green Giant Zucchini Spirals
- Skinny Pasta Konjac Noodles

### **CANDY WITH LOW NET CARBS:**

- Smart Sweets

### **COLLAGEN:**

- Bulletproof Bar Collagen
- Primal Kitchen Collagen Fuel