

Keto products I won’t live without!

*Disclosure: Some of the links below are affiliate links, meaning, at no additional cost to you, I will earn a small commission if you click through and make a purchase. I only recommend products I personally use!*

Food Items:

1. Almond Flour: <https://amzn.to/2VV7ZRl>
2. Natural Eats Almond Flour: <https://amzn.to/2D9HVKM>
3. Kiss My Keto C8 MCT Oil - Pure MCT Oil C8 Brain Fuel, 32 oz Glass Bottle with Pump, Best MCT Oil Keto for Ketone Diet, Pure C8 Caprylic Acid, Enhance Ketogenic Performance, Get Into Ketosis <http://bit.ly/2sTeExT> Use Coupon Code KETOMOMKISS
4. Lily’s Chocolate Chips: <https://amzn.to/2STD4mv> (can’t have a cupboard without them)
5. Kiss My Keto Protein Powder (chocolate, birthday cake etc) <http://bit.ly/2sTeExT> Use Coupon Code KETOMOMKISS
6. **Smart Coffee:** <https://elevacity.com/ketomom6803>
7. **Keto Cre:**  <https://elevacity.com/ketomom6803> (bake, fat-bombs, and coffee)
8. Jordan's Skinny Syrup Dessert Collection - Caramel Creme Cheesecake, Chocolate Coconut Macaron, Iced Cinnamon Roll <https://amzn.to/2RYpwtz>
9. Organic Coconut Flour (4lb) by Anthony's, <https://amzn.to/2T12dLK>
10. Kiss My Keto Exogenous Ketones Powder Drink, Muliple Flavors Available, GoBHB® Salts, Ketogenic Supplement, Beta Hydroxybutyrate, Burn Fat, Increase Energy, Get Into Ketosis (Pink Lemonade) <http://bit.ly/2sTeExT> Use Coupon Code KETOMOMKISS
11. Viva Naturals Organic Extra Virgin Coconut Oil, 16 Ounce <https://amzn.to/2CjZ2bd>
12. 100% Pure Avocado Oil 1 L, Non-GMO, for High-Heat Cooking, <https://amzn.to/2AVCair>
13. Paleovalley: 100% Grass Fed Beef Sticks (10 Count) - Original Flavor - 100% Grass-Fed/Finished Beef - <https://amzn.to/2SPfZB3> (very handy to have for travel)
14. Creamy Almond Butter, 27 Ounce - 2 Jars: <https://amzn.to/2ssJcX0>
15. Mauna Loa Macadamias, Dry Roasted with Sea Salt, 11-oz. <https://amzn.to/2SUIgGq>
16. Mauna Loa Dry Roasted & Salted Macadamia Nuts, 0.5-Ounce Triangle Pack (Pack Of 24) <https://amzn.to/2VStVfL>
17. Swerve Sweetener, Bakers Bundle, 12Oz Granular and Confectioners pack of 2: <https://amzn.to/2CiLWuF>
18. Swerve Granular Sweetener (48 oz): The Ultimate Sugar Replacement: <https://amzn.to/2CkDWt3>
19. Swerve Sweetener, Brown, 12 ounces <https://amzn.to/2VSfrwp>
20. NOW Foods Erythritol,2.5-Pound: <https://amzn.to/2FuQGR0>
21. Xanthan Gum 1lb (16 Ounce) Packed in the USA, by Anthony's, Gluten-Free <https://amzn.to/2Mg5IM9>
22. PUR Gum 8 Flavor Assortment Spearmint, Peppermint, Pomegranate Mint, Wintergreen, Cinnamon, Coolmint, Chocolate & Bubblegum: <https://amzn.to/2VUah2L>
23. Certified Organic Cacao Powder from Superior Criollo Beans, 1 LB Bag, <https://amzn.to/2STziJL>
24. Now Foods 100% MCT Oil, 32 Ounce, <https://amzn.to/2D8NPeV>
25. Utz Pork Rinds, Original Flavor <https://amzn.to/2VUnyIF>
26. Whisps Cheese Crisps (2.12 ounce) 100% (5 Pack) <https://amzn.to/2SPtrFc>

Supplements

1. Dr. Berg’s Keto Kit (with Bonus Meal Maker): <https://amzn.to/2TktnNQ>
2. Nature Made High Potency Magnesium Softgels: <https://amzn.to/2SS1Hjd>
3. Collagen Peptides Powder (tasteless): <https://amzn.to/2STm13T> (put in my coffee)
4. Great Lakes Gelatin - Collagen Hydrolysate Kosher: <https://amzn.to/2MdBYQ0>
5. Perfect Keto Chocolate Protein Powder: Collagen Peptides Grassfed Low Carb Keto Drink Supplement with MCT Oil Powder. Best as Keto Drink Creamer or Added to Ketogenic Diet Snacks. Paleo & Gluten Free <https://amzn.to/2Mg4vo5>
6. Dr. Berg's Electrolyte Powder, High Energy, Replenish & Rejuvenate Your Cells, 45 Servings, NO Maltodextrin or Sugar, Amazing Raspberry Lemon Flavor (Solo Pack) <https://amzn.to/2CT24n7>
7. Dr. Berg’s Gallbladder Formula Contains Purified Bile Salts, 90 capsules, Enzymes to Reduce Bloating, Indigestion & Abdominal Swelling - Better Digestion, Improved Absorption of Nutrients & More Satisfied After Meals <https://amzn.to/2WlAFmF>

Health Tools

1. **KETO-MOJO Blood Ketone and Glucose Testing Meter Kit,** Monitor Your ketogenic Diet, 1 Lancet Device, 10 Lancets, 10 Ketone Test Strips, Carrying Case. Does NOT Include Glucose Strips :<http://bit.ly/2Rmy6wT> (You get a 15% discount using this link at Checkout!!!)

Kitchen Tools

1. Bagel tins:<https://amzn.to/2VSsOgb>
2. Magic Bullet Blender: <https://amzn.to/2SUfyFI>
3. Ninja Blender: <https://amzn.to/2FBf3fQ>
4. Simple Chef Air Fryer: <https://amzn.to/2VPcY5Q>
5. Perfect Hard Boiled Egg cooker: <https://amzn.to/2D9SEos>
6. Instapot: <https://amzn.to/2srKP7l>
7. Cuisinart ICE-21R Frozen Yogurt, Ice Cream & Sorbet Maker, Red: <https://amzn.to/2CN5849>

Books

1. **Lies My Doctor Told Me:** Medical Myths That Can Harm Your Health, Dr. Ken Berry: <https://amzn.to/2D6szGI>
2. **Cholesterol Clarity:** What The HDL Is Wrong With My Numbers? <https://amzn.to/2M7D8MR>
3. **Keto Clarity:** Your Definitive Guide to the Benefits of a Low-Carb, High-Fat Diet: <https://amzn.to/2M9J2gm>
4. **The Obesity Code:** Unlocking the Secrets of Weight Loss: <https://amzn.to/2CmA0YY>
5. **Keto Instant Pot:** 130+ Healthy Low-Carb Recipes for Your Electric Pressure Cooker or Slow Cooker <https://amzn.to/2SQLI4Y>
6. **Keto Comfort Foods:** Family Favorite Recipes Made Low-Carb and Healthy <https://amzn.to/2ClUalI>
7. Ketotarian: The (Mostly) Plant-Based Plan to Burn Fat, Boost Your Energy, Crush Your Cravings, and Calm Inflammation[https://amzn.to/ 2TigIuR](https://amzn.to/2TigIuR)

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