

Fire Team Whiskey® .38 Caliber Nutrition Protocol Suggested Foods List

Some people struggle when they make a major change in their nutrition. The question is always, “What can I eat?”. Fortunately, the Keto Lifestyle is not very restrictive! You can eat out at any restaurant and still stay on your plan. Here is a list of foods that fall within the macro limitations of the .38 Caliber Nutritional Protocol. This list only covers some of the foods of course and is not restricted to just these foods. Check out the recipes on your .38 Caliber Member Page as well for ideas about how to still eat your favorite dishes, just keto style!

FATS	PROTEINS	CARBS
<ul style="list-style-type: none">• FuelRation™ KETO BARS• SpecOps™ KETO SHAKES• FATTY MEATS LIKE CERTAIN CUTS OF BEEF, LAMB, AND PORK (PREFERABLY ORGANIC, GRASS FED, HORMONE FREE)• FULL FAT DAIRY PRODUCTS (ORGANIC, HORMONE FREE)• EGGS (FREE RANGE CAGE FREE)• FISH FRESH AND CANNED (WILD CAUGHT)• NUTS, NUT BUTTERS AND SEEDS• OLIVE, PALM, AVOCADO, HAZELNUT, MACADEMIA NUT, MCT AND COCONUT OILS• OLIVES• COCONUT• AVOCADO	<ul style="list-style-type: none">• FuelRation™ PROTIEN BARS• LEANER MEATS LIKE CHICKEN AND TURKEY• PROTIEN POWDERS• NUT FLOURS (ALMOND, AND COCONUT FLOUR)	<ul style="list-style-type: none">• ITEMS WITH LESS THAN 5G OF SUGAR THAT CONTAIN NO OTHER GRAINS• ANY GREEN VEGETABLE<ul style="list-style-type: none">• MUSHROOMS• EGGPLANT• ONIONS• PEPPERS• CAULIFLOWER• BEAN SPROUTS• CARROTS IN SMALL SERVINGS• SQUASH AND SWEET POTATO IN SMALL SERVINGS• TOMATO• CITRUS IN SMALL SERVINGS (NO JUICE!)