

# KETO GROCERY LIST

## Meat:

Bacon  
Ground Beef  
Beef  
Chicken (all cuts)  
Turkey  
Pork  
Beef Jerky  
Sausage  
Ham  
Pastrami  
Pepperoni  
Hotdogs  
Fish & shellfish  
Smoked deli meats

## Eggs

## Dairy:

Butter (grass fed)  
Heavy cream  
Hard cheeses  
Soft cheeses  
Sour cream  
Cottage cheese  
Mayo  
Greek yogurt  
(low carb)

## Flour:

Almond  
Coconut  
Psyllium husk

## Veggies:

Artichokes  
Asparagus  
Broccoli  
Brussel sprouts  
Cabbage  
Cauliflower  
Celery  
Cucumber  
Garlic  
Green beans  
Kale  
Lettuce  
Mushrooms  
Okra  
Onion  
Peppers  
Pumpkins  
Radishes  
Sauerkraut  
Spinach  
Tomatoes  
Zucchini

## Fats:

Avocado Oil  
Coconut Oil  
MCT Oil, Olive Oil  
Ghee, Lard  
Cocoa butter

## Fruits:

Avocados, Berries  
Lemon, Lime  
Coconut (unsweet)

## Nuts & Seeds:

Almonds  
Macadamias  
Peanuts (your choice)  
Pecans  
Walnuts  
Chia seeds  
Flaxseeds  
Pumpkin seeds  
Sunflower seeds

## Unsweet Nut Butters:

Almond butter  
Coconut butter  
Macadamia Nut butter  
Peanut butter

## Pantry items:

Pork rinds  
Chicken broth  
Beef & Bone broth  
Xanthan gum  
Herbs & spices  
Tobasco  
Salad dressings  
(low carb)  
Baking Cocoa powder  
Monk fruit, Truvia,  
Xylitol, Erythritol  
Swerve, Stevia  
Pickles  
Unsweet chocolate  
Coconut Aminos  
Parchment Paper