

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