



# ***KETO SHOPPING LIST!***

**Not every item on this list is a requirement by any means. It is simply a broad look at the possibilities.**

## **Meats/Proteins**

Beef (all cuts & ground)  
Pork (all cuts & ground)  
Turkey  
Chicken  
Fish & shellfish  
Duck  
Game meats (venison, boar, etc.)  
Sausages/Hot dogs (with no added sugars or fillers ideally!)  
Bacon (sugar free ideally!)  
Cured meats (pepperoni, salami, etc. - sugar free ideally)  
Eggs of all kinds (chicken, duck, etc.)

## **Dairy**

Butter  
Heavy cream  
Hard Cheeses (avoid pre-grated cheese that have anything in them but cheese!)  
Soft Cheeses  
Sour Cream  
Cottage Cheese  
Low carb yogurt (be carb conscious with these options)

## **Fats**

Avocado oil  
Olive oil  
Coconut oil  
Animal fats (bacon fat, lard, tallow, etc.)  
Ghee  
MCT oil (approach with care, start with no more than 1 tsp at a time)

## **Vegetables**

Arugula  
Artichokes  
Asparagus  
Bell Peppers  
Broccoli  
Brussel sprouts  
Cabbage  
Cauliflower  
Celery  
Chili peppers (jalapenos, serranos, etc.)  
Cucumber



# ***KETO SHOPPING LIST!***

Garlic  
Green Beans  
Kale  
Kimchi  
Lettuces/Greens  
Mushrooms  
Onion (limited!)  
Pumpkin (limited!)  
Sauerkraut  
Spinach  
Tomatoes (limited!)  
Yellow Squash  
Zucchini

## **Fruits**

Avocado (yep, it's a fruit!)  
Berries  
Lemon  
Lime

## **Nuts & Seeds (in limited quantities!)**

Almonds  
Macadamia Nuts  
Pecans  
Pili Nuts  
Walnuts  
Hazelnuts  
Brazil nuts (Limit to two a day)  
Sunflower Seeds  
Pumpkin Seeds  
Chia Seeds  
Unsweetened nut butters (nuts & salt only as ingredients!)  
Coconut butter

## **Pantry Items**

Salt!  
Spices (no sugar or corn flour added!)  
Herbs  
Salad dressings (avocado or olive oil based ideally)  
Coconut aminos  
Mustard  
Mayonnaise (avocado or olive oil based ideally)  
Canned coconut milk  
Hot sauce (no sugar or cornstarch added!)  
Sugar free BBQ sauce / ketchup  
Vinegars (no added sugar!)  
Pork rinds & crumbs



# ***KETO SHOPPING LIST!***

Cheese crisps  
Almond & coconut flours

**Allowed sweeteners (Be aware that sweeteners may cause gut distress if consumed for some people.)**

Stevia  
Monkfruit  
Erythritol  
Allulose  
Xylitol