

Keto Shopping List

Protein

- Bacon _____
- Beef _____
- Boca Burgers (low-carb) _____
- Chicken (dark meat) _____
- Eggs _____
- Elk _____
- Flounder _____
- Grouper _____
- Herring _____
- Lamb _____
- Liver _____

- Lobster _____
- Mahi Mahi _____
- Orange Roughy _____
- Oysters _____
- Pork (avoid added sugar) _____
- Red Snapper _____
- Salmon _____
- Sardine _____
- Sausage _____
- Scallops _____
- Sea Bass _____

- Shellfish _____
- Shrimp _____
- Swordfish _____
- Tilapia _____
- Tofu _____
- Tuna _____
- Turkey _____
- Turkey Bacon _____
- Turkey Sausage _____

Healthy Fats

- Avocado _____
- Avocado Oil _____
- Butter/Ghee _____
- Cheese _____

- Coconut Oil _____
- MCT Oil _____
- Olive Oil _____
- Pumpkin Seeds, unsalted _____

- Sesame Seeds, unsalted _____
- Sunflower Oil _____

Vegetables

- Artichokes _____
- Arugula _____
- Asparagus _____
- Bell Peppers _____
- Bok Choy _____
- Broccoli _____
- Brussels Sprouts _____
- Butternut Squash _____
- Cabbage _____
- Carrots _____
- Cauliflower _____
- Celeric _____
- Celery _____
- Chicory _____
- Chili Peppers _____

- Chives _____
- Cilantro _____
- Collard Greens _____
- Cucumbers _____
- Eggplant _____
- Endive _____
- Fennel _____
- Ginger _____
- Green Beans _____
- Kale _____
- Leeks _____
- Lettuce (Romaine) _____
- Mushrooms _____
- Mustard Greens _____
- Okra _____

- Onion _____
- Parsnips _____
- Radishes _____
- Scallion _____
- Snow Peas _____
- Spinach _____
- Squash _____
- Tomatoes _____
- Turmeric _____
- Turnips _____
- Watercress _____
- Zucchini _____

High-Fat Snacks

- Almonds, unsalted _____
- Macadamia Nuts, unsalted _____

- Natural Almond Butter _____
- String Cheese _____

- Walnuts, unsalted _____

Other/Condiments

- Apple Cider Vinegar _____
- Balsamic Vinegar _____
- Lime Juice _____
- Lemon Juice _____
- Red Wine Vinegar _____

- Soy Sauce (low-sodium) _____
- Unsweetened Almond Milk (1 C) _____
- Unsweetened Cashew Milk (1 C) _____
- Unsweetened Coconut Milk (1 C) _____
- Vinegar _____

- White Wine Vinegar _____