

PERFECT KETÖ

KETOGENIC DIET
GROCERY LIST

MEATS/PROTEINS

Quality over quantity here. Since you want to keep your fat content high and protein moderate, make sure the proteins you do choose are mostly high-quality, healthy, and nutrient dense. Best choices would be grass-fed and pastured-raised versions of beef, organ meats, bison, and lamb, as well as fatty wild fish.

Pork and chicken are less easy to find properly raised for a good price, so you might end up limiting these more.

Also, watch out for processed meats because they can contain extra ingredients with added sugars and carbohydrates.

DAIRY

If you don't have an allergy or problem digesting dairy products, most options are fine to have frequently if they're full-fat, and it's even better if they're raw and organic.

OILS AND FATS

Healthy oils can be great options for cooking and baking, but be mindful of your nut and seed intake, since they do still contain carbs and it can add up quickly if you're prone to overdoing it on them. You can find which fats are best to consume and avoid on the ketogenic diet using our guide: [Good Fats vs. Bad Fats](#)

VEGETABLES AND FRUITS

The low-carb veggies on this list can and should be eaten regularly to keep yourself healthy and give your body necessary fiber for digestive health. However, do keep in mind that veggies still have carbs. A great way solution to this is eating fermented foods that have eaten up the sugars of the vegetables during fermentation. Even better, make your own fermented foods at home versus being them at the store.

As far as fruits go, eat these in very, very limited amounts and stick to berries, which are the only fruits on this list. Avocado is the only exception, which is technically considered a fruit and a great high-fat, healthy keto option that's welcome on this diet.

BAKING SUPPLIES AND SWEETENERS

Obviously, low-carb flours and the sweeteners mentioned before are going to be better than their high-carb “normal versions”. However, be sure to limit these overall since they aren’t as nutritious as whole food keto options.

CONDIMENTS

The best condiments are those made at home or with simple ingredients, but use the list below as guidelines for what to look for if you do buy packaged. Also, use those with carbs, such as lemon and lime juice, very sparingly and in small amounts.

SPICES AND HERBS

Most seasonings are fine as long as they’re the pure form of the herb. Best to buy fresh if possible and are dried without any extra ingredients.

DRINKS/LIQUIDS

If you’re using a plant-based milk, be sure it doesn’t contain carrageenan or other additives. Raw, full-fat milk in small amounts is the best choice.

And now, without further ado, here’s your ketogenic diet grocery list:

MEATS/PROTEINS

Focus on grass-fed and organic when possible. The best choices are beef, bison, organ meats, lamb, or wild fish for the best nutrient density.

BEEF (FATTIER CUTS)

- Steak
- Prime Rib
- Veal
- Roast Beef
- Baby Back Ribs
- Ground Beef
- Corned Beef
- Hamburger
- Stew Meats

ORGAN MEATS

- Heart
- Liver
- Tongue
- Kidney
- Offal

OTHER

- Bison
- Lamb
- Goat

SEAFOOD

- Tuna
- Salmon
- Catfish
- Trout
- Halibut
- Mackerel
- Mahi - Mahi
- Cod
- Bass
- Anchovies
- Orange Roughy
- Sardines
- Haddock
- Tilapia
- Clams
- Oysters
- Mussels
- Crab (make sure it's the real thing— not imitation)
- Lobster
- Scallops
- Shrimp

MEATS/PROTEINS

POULTRY

- Duck
- Chicken (leg, thigh, wings, breasts, whole, or ground)
- Quail
- Turkey (leg, breast, whole, or ground)
- Wild Game
- Cornish Hen
- Chicken Broth
- Turkey Bacon
- Turkey Sausage

DELI MEATS

- Cold Cuts
- Salami
- Pepperoni
- Prosciutto

PORK

- Tenderloin
- Pork Loin
- Ham
- Pork Chops
- Bacon
- Ground Pork

DAIRY PRODUCTS

- Full-fat Greek Yogurt
- Heavy Creams (preferably raw)
- Kefir
- Sour Cream
- Mayonnaise
- Butter (grass-fed)
- Ghee
- Whole Milk (preferably raw)

CHEESES

- Parmesan
- Swiss
- Feta
- Cheddar
- Brie
- Monterrey Jack
- Mozzarella
- Colby
- Goat Cheese
- Bleu Cheese
- Cottage Cheese
- Cream Cheese
- String Cheese

HEALTHY OILS AND FATS

OILS

- Coconut Oil
- Olive Oil
- Avocado Oil
- MCT Oil

NUTS/SEEDS

- Almonds (or Almond Butter)
- Macadamias
- Hazelnuts
- Pecans
- Pistachios
- Walnuts
- Sesame Seeds
- Sunflower Seeds
- Pumpkin Seeds
- Flaxseeds
- Chia Seeds

OTHER FATS

- Cocoa Butter
- Coconut Butter
- Bacon Fat
- Duck Fat

KETO VEGETABLES

- Leafy Greens
- Kale
- Spinach
- Swiss Chard
- Bok Choy
- Romaine Lettuce
- Iceberg Lettuce
- Radicchio
- Brussels Sprouts
- Bean Sprouts
- Broccoli
- Garlic
- Onions
- Bell Peppers
- Asparagus
- Kohlrabi
- Celery
- Cucumber
- White Mushrooms
- Portobello Mushrooms
- Black Olives
- Green Olives
- Zucchini
- Spaghetti Squash
- Yellow Squash
- Snow Peas
- Okra
- Leeks
- Cauliflower
- Artichokes
- Cabbage

FERMENTED FOODS

- Sauerkraut (no added sugars)
- Kimchi
- Natto
- Pickles
- Salsa (sugar-free)
- Kefir

KETO FRUITS

- Avocados
- Strawberries
- Blueberries
- Raspberries
- Cherries
- Cranberries
- Mulberries

BAKING SUPPLIES

- Coconut Flour
- Almond Flour
- Coconut Flakes
- Cocoa Powder
- Sea Salt
- Baking Soda
- Vanilla

SWEETENERS

- Erythritol
- Xylitol
- Pure Stevia Powder
- Pure Stevia Drops
- Monk Fruit
- Mannitol

CONDIMENTS

- Yellow Mustard
- Brown Mustard
- Soy Sauce or Coconut Aminos
- Sugar-free Ketchup
- Mayonnaise
- Horseradish
- Hot Sauce
- Low-carb Salsa
- Worcestershire Sauce
- No - or very-low-sugar high-fat Salad Dressings, such as Ranch or Blue Cheese
- Lemon Juice
- Lime Juice
- Sugar-free Syrup

SPICES AND HERBS

- Basil
- Oregano
- Parsley
- Rosemary
- Thyme
- Cilantro
- Cayenne Pepper
- Chili Powder
- Cumin
- Cinnamon
- Nutmeg
- Salt and Pepper

DRINKS/LIQUIDS

- Raw Milk
- Coconut Milk (unsweetened)
- Cashew Milk (unsweetened)
- Unsweetened Tea or Coffee
- Heavy Creamer (sugar-free)