

KETO GROCERY LIST

Meat

- Beef
- Pork
- Lamb
- Chicken
- Turkey
- Venison
- Veal
- Goat

Seafood

- Tuna
- Salmon
- Mackerel
- Anchovies
- Oysters
- Mussels
- Dungeness crab
- Shrimp
- Squid
- Other types of seafood

Condiments

- Coconut aminos
- Mayonnaise (with no soybean or canola oil)
- No-sugar tomato ketchup
- No-sugar barbecue sauce
- Mustard
- Guacamole
- Hot sauce

Beverages

- Black coffee
- Bulletproof coffee
- Unsweetened almond milk
- Unsweetened coconut milk
- Tea
- Bone broth
- Sugar-free electrolyte drink
- Keto collagen powder
- Keto whey protein powder
- Keto homemade smoothie

Vegetables

- Cauliflower
- Broccoli
- Cabbage
- Brussels sprouts
- Spinach
- Asparagus
- Green olives
- Swiss chard
- Lettuce
- Cucumber
- Zucchini
- Eggplant
- Tomatoes
- Garlic
- Onion
- Bell pepper

Eggs & Dairy

- Chicken eggs
- Quail eggs
- Butter
- Heavy cream
- Natural cheeses
- Sour cream
- Unsweetened Greek yogurt

Fats & Oils

- MCT oil for your keto coffee
- Coconut oil
- Extra virgin olive oil
- Avocado oil
- Butter
- Beef tallow
- Lard or pig fat

Baking Essentials

- Almond flour
- Coconut flour
- Psyllium husk powder
- Lupin flour
- Flaxseed meal

Fruits

- Coconut
- Avocado
- Strawberries
- Blueberries
- Blackberries
- Raspberries
- Lemons

Snacks

- Boiled eggs
- Slices of natural cheese
- Slices of bacon
- Dried seaweed
- Fat bombs
- Sugar-free beef jerky
- Pork rinds or chicharrones

Sweeteners

- Stevia
- Monk fruit

Nuts & Seeds

- Almond nuts
- Pecan nuts
- Brazil nuts
- Macadamia nuts
- Walnuts
- Pistachio nuts
- Hazelnuts

Pantry Items

- Herbs and spices
(black pepper, chili powder, paprika, cumin)
- Canned sardines or tuna
- Canned chicken breast
- Nut butters (almond butter, macadamia butter, etc.)
- Shirataki rice or noodles
- Pork rind breadcrumbs for coating meat and veggies