

Keto Grocery List Options

Protein:

Preferably grass-fed/organic/no hormones/no antibiotics/uncured:

Beef- ground, steak, roast, ribs
Turkey and/or Chicken thighs/breast/legs
Pork- chops, loin, ribs, ground
Fish- salmon, cod, catfish, halibut, trout, tuna, sardines
Seafood- shrimp, crab, mussels, scallops, lobster, clams
Lunch meats- ham, prosciutto, roast beef, turkey, salami, pepperoni
Bacon
Hot dogs
Sausage
Eggs

Healthy Fats/Dairy:

Cheese- cheddar, colby, jack, mozzarella, parmesan romano, asiago, swiss, brie, goat, feta, ricotta, blue
Cream cheese (full fat) and/or mascarpone cheese
Butter (preferably grass-fed)
Heavy whipping cream
Sour Cream
Olive, Coconut and/or Avocado oil
Mayonnaise
Coconut and/or almond milk (unsweetened)
Low carb/sugar creamy dressing

Fruit/Nuts/Snacks:

Pickles (no sugar added)
Olives
Whisps/Moon Cheese
Pork Rinds
Nuts- pecans, walnuts, almonds, macadamia (in small amounts)
Seeds- pumpkin, sunflower, chia, flax
Fruit- avocado, lemons, limes
strawberries, raspberries, blackberries, blueberries (in small amounts)

Vegetables:

Broccoli
Cauliflower
Asparagus
Spinach
Cabbage
Green Beans
Mushrooms
Lettuce
Cucumber
Kale
Okra
Zucchini
Celery
Sauerkraut
Spaghetti squash
Brussels Sprouts
Eat in small amounts:
Tomato
Leeks
Onions
Garlic

Other:

Chicken or bone broth/stock
Coconut and/or almond flour
Unsweetened coconut flakes
Unsweetened cocoa powder
Drinks: water, coffee, tea bags
Dried herbs/spices
Coconut butter
Stevia
Swerve