

KETO SHOPPING LIST

Meat

Beef (ground | 70%/30%)

(Fattier Cuts: Rib Meat/
T-bone & Rib-eye Steak)

Turkey (breast)

(Ground/Leg/Liver/Dark Meat)

Pork (loin)

(Shoulder/Leg/Ground)

Chicken (breast)

(Ground/Thigh &
Drumsticks with Skin)

Goat

Ham

Hen

Quail

Veal (ground)

Bison (ground)

Caribou

Elk

Beef Jerky

Salami (beef & pork)

Bologna

(chicken, turkey, & pork)

Duck

Lamb

Pheasant (breast)

Rabbit

Bacon

Venison (deer)

Ostrich (tenderloin)

Goose

Pepperoni (pork & beef)

KETO SHOPPING LIST

Seafood

Shrimp	Clams
Crab (king)	Mackerel
Scallops	Catfish
Lobster	Snapper
Roe	Tuna (bluefin)
Escargot	Cod
Octopus	Flounder
Squid	Halibut
Sea Urchin	Mahi-Mahi
Cockle	Salmon
Mussels	Trout
	Bass (striped)

KETO SHOPPING LIST

Fats, Dressings, & Condiments

Butter

Ghee

Olive Oil

Coconut Oil

Sesame Oil

Avocado Oil

Macadamia Oil

Fish Oil

Hazelnut Oil

Almond Oil

Walnut Oil

Flaxseed Oil

Hemp Seed Oil

Pistachio Oil

Pumpkin Seed Oil

Peanut Oil

Vinegars

Mayonnaise

Hot Sauce

Mustard

Soy Sauce

Balsamic Vinegar

Horseradish

KETO SHOPPING LIST

Soy-Based Vegan Proteins

Soy Milk

Tofu

Soybeans

Tempeh

Soy Nuts

Edamame

Boca Burger (original)

Morning Star Farms

(bacon strips)

Morning Star Farms

(classics veggie dogs)

Morning Star Farms

(original sausage patties)

Gardein

(classic meatless meatballs)

Boca Burger

(all American flamed grilled)

Gardein

(seven grain crispy tenders)

KETO SHOPPING LIST

Dairy and Alternatives

Silk Coconut Milk

(unsweetened)

Silk Cashew Milk

(unsweetened)

Silk Almond Milk

(unsweetened)

Silk Organic Soy Milk

(unsweetened)

Heavy Whipping Cream

Sour Cream

Half & Half Cream

Coconut Cream

Dannon Whole Milk

(plain yogurt)

Chobani Whole Milk Plain

(Greek yogurt)

Eggs

Muenster (cheese)

Cheddar (cheese)

Mozzarella (cheese)

Havarti (cheese)

Parmesan (cheese)

Cream (cheese)

Sargento Monterey Jack

(cheese)

Neufchatel (cheese)

Fontina (cheese)

Gouda (cheese)

Provolone (cheese)

Ricotta (cheese)

Blue (cheese)

Cottage Cheese

(large or small curd)

KETO SHOPPING LIST

Vegetables

Artichokes

Arugula

Asparagus

Avocado

Alfalfa Sprouts

Bok Choy

Broccoli

Bamboo Shoots

Bean Sprouts

Brussels Sprouts

Bell Peppers

(Green/Red/Yellow/Orange)

Celery

Cucumber

Carrots

Daikon

Eggplant

Iceberg Lettuce

Jicama

Kohlrabi

Mushrooms

(White/Brown/Shiitake/Morel/Enoki)

Onions

Pumpkin

Radish

Scallions

Spaghetti Squash

Summer Squash

Winter Squash

Zucchini

Chicory Greens

Chard

Cauliflower

Cabbage

Collard Greens

Endive/Escarole

Fennel

Hot Peppers

(Chili/Jalapeno/Serrano/Cayenne/Poblano)

Kale

Leeks

Okra

Parsley

Romaine Lettuce

Radicchio

Spinach

Snow/Snap Peas

Sauerkraut

Turnips

Tomatoes

(Red/Black/Orange/Yellow/White)

KETO SHOPPING LIST

Fruits

Blackberries

Raspberries

Strawberries

Blueberries

Cranberries

Plums

Cantaloupe

Starfruit

Watermelon

Granny Smith Apples

Honeydew Melon

Clementine

Apricot

Lemon

Lime

Olives

(Green/Kalamata/Cerignola/Mission)

Grapefruit (white)

KETO SHOPPING LIST

Nuts, Seeds, and Legumes

Flaxseed

Pecans

Brazil Nuts

Walnuts

Pumpkin Seeds

Chia Seeds

Almonds

Hazelnuts

Pine Nuts

Sunflower Seeds

Macadamia Nuts

Cashews

Sesame Seeds

Almond Flour

Flaxseed Meal (ground)

Pistachios

Peanuts

Hemp Seeds

Coconut Flour

Chia Seed Meal (white)

Nut Butters

(Variable Nutritional Contents)

KETO SHOPPING LIST

Drinks

Water

Unsweetened Tea
(Black/Green/Herbal)

Unsweetened Black Coffee
(w/ almond milk or w/ stevia)

Carbonated Water
(Sparkling Water/Seltzer/Club Soda)

Coca-Cola (zero sugar)

Zevia (cola)
(Variety of Flavors)

Monster Energy
(zero ultra)

Red Bull (total zero)

Vitamin Water (zero)

Good Karma Flax Milk
(unsweetened)

Pacific Foods
Unsweetened Hemp Milk
(vanilla)

Coconut Milk

Wave Soda Sparkling Juice
(apple/blueberry/other flavors)

Hint Water (natural flavored water)
(watermelon/pineapple/other)

Keto Smoothies

KETO SHOPPING LIST

Other

Unflavored Gelatin

Optimum Nutrition Gold
Standard 100% Whey

(Casein/Egg/Soy/Rice/Hemp/Pea Protein)

Pork Rinds

Pickles

Guacamole

Lindt Dark Chocolate
(90%)

Kale Chips

Shirataki Noodles

Just The Cheese Bars
(aged cheddar)

ThinSlim Foods Zero
Carb Bread (plain)

NUCO Coconut Wraps
(raw/vegan/paleo)

KNOW Better Cookies
(chocolate chip/lemon/cinnamon)

Elan Granola Cereal
(low carb/paleo/keto)

Julian Bakery Organic
Paleo Thin Crackers

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