

# Keto Shopping List

## Produce

- \* Zucchini
- \* Cabbage
- \* Mushrooms
- \* Bell Peppers
- \* Broccoli
- \* Celery
- \* Cauliflower
- \* Lettuce
- \* Kale
- \* Spinach
- \* Tomatoes
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* Raspberries
- \* Blackberries
- \* Avocados
- \* Cranberries
- \* Strawberries
- \* Lemons
- \* Green Olives
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_

## Condiments

- \* Mayo
- \* Keto Garlic Mustard
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_

## Meats & Fish

- \* Chicken
- \* Beef
- \* Pork
- \* Turkey
- \* Shrimp
- \* Salmon
- \* Tuna
- \* Mackerel
- \* Crab
- \* Tilapia
- \* Trout
- \* Cod
- \* Scallops
- \* Clams
- \* Lobster
- \* Mussels
- \* Oysters
- \* Squid
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_

## Cheeses

- \* Cheddar
- \* Parmesean
- \* Feta
- \* Swiss
- \* Brie
- \* Bleu Cheese
- \* Monterey Jack
- \* Mozzarella
- \* Cream cheese
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_

## Dairy Foods

- \* Unsweetened Almond Milk
- \* Coconut Cream
- \* Unsweetened Coconut Milk
- \* Greek Yogurt
- \* Heavy Cream
- \* Sour Cream (full fat)
- \* Soy Milk (unsweetened)
- \* Whipped Cream
- \* Grass Fed Butter
- \* Full fat yogurt
- \* Mayonnaise
- \* Eggs
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_

## Fats & Oils

- \* Almond Butter
- \* Avocado Oil
- \* Butter
- \* Cocoa Butter
- \* Coconut Oil
- \* Fish Oil
- \* Flax Seed Oil
- \* Grape Seed Oil
- \* Hemp Seed Oil
- \* Macadamia Oil
- \* MCT Oil
- \* Olive Oil
- \* Walnut Oil
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_

## Nuts & Seeds

- \* Sunflower
- \* Chia
- \* Flaxseeds
- \* Pumpkin
- \* Almonds
- \* Cashews
- \* Coconuts
- \* Peanuts
- \* Walnuts
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_

## Pantry Items

- \* Almond Flour
- \* Coconut Flour
- \* Flaxseed Meal
- \* Keto Pancake Mix
- \* Monkfruit Sweetener
- \* Almond Meal
- \* Splenda
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_

## Miscellaneous

- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_

