



Keto Grocery List

- Keto Dairy:

- Sour Cream
- Heavy Whipping Cream
- Mayonnaise
- Full Fat / Full Cream Greek Yogurt
- Full Fat / Full Cream Milk

- Cheeses:

- Blue
- Brie
- Cheddar
- Colby
- Cottage Cheese
- Cream Cheese
- Feta
- Goat Cheese
- Monterey Jack
- Mozzarella
- Parmesan
- String Cheeses
- Swiss

- Drinks / Liquids:

- Coconut Milk
- Cashew Milk
- Almond Milk
- Coffee (w/heavy cream)
- Unsweetened Tea
- Protein Shakes

- Keto Poultry:

- Chicken:

- Canned Chicken (read labels)
- Chicken Thighs
- Chicken Wings
- Chicken Breasts
- Chicken Legs
- Chicken Tenders
- Whole Chicken
- Cornish Hens
- Chicken Eggs
- Chicken Broth

- Duck

- Eggs & Meat

- Goose

- Eggs & Meat

- Pheasant

- Quail
- Eggs & Meat

- Turkey:

- Turkey Legs
- Turkey Ground
- Whole Turkey
- Turkey Breast



Keto Grocery List

- Keto Meats:

- Beef:

- Hamburger
- Steak
- Roast Beef
- Prime Rib
- Baby Back Ribs
- Corned Beef

- Pork:

- Ham (unglazed)
- Bacon
- Pork Roast
- Pork Chops
- Tenderloin
- Ground Pork
- Ham
- Sausages
- Italian Sausage
- Bacon
- Deli Ham

- Lamb, Veal,

- Processed Meats:

- Pepperoni
- Hot Dogs
- Jerky
- Lunch Meats

- Meat Broths

- Salad Dressings: Look for low carb, full fat options. Try to go organic if possible and avoid preservatives.

- Blue Cheese

- Ranch

- Italian

- Lemon Juice

- Lime Juice

- Salsa (again read labels)



Keto Grocery List

• Keto Seafood:

- Anchovies
- Bass
- Canned Salmon & Tuna
- Catfish
- Cod
- Crab (only real)
- Flounder
- Haddock
- Halibut
- Herring
- Lobster
- Orange Roughy
- Oysters (some carbs)
- Salmon
- Sardines
- Scallops
- Shellfish (may contain carbs)
- Shrimp
- Sole
- Tilapia
- Trout
- Tuna Fish

Keto Sweeteners:

- Stevia
- Erythritol Natural Sweetener
- Stevia Drops

• Fats & Oils:

- Bernaise Sauce
- Butter
- Bacon Fat
- Coconut Oil
- Duck Fat
- Hollandaise Sauce
- Mayonnaise
- Olive Oil
- Peanut Oil
- Sesame Oil
- Sunflower Oil

• Cooking & Baking:

- Coconut Flour
- Coconut Flakes
- Almond Flour / Meal
- Flax Meal
- Flax Seeds
- Chia Seeds
- Cocoa Powder



Keto Grocery List

- Spices And Condiments:
- Always watch for MSGs and try to stick to natural spices)
- Real Bacon Bits
- All Spice
- Cajun Spice
- Capers
- Chili Powder
- Cinnamon
- Cream of Tartar
- Cummin
- Dill
- Garlic Powder
- Garlic Salt
- Horseradish
- Hot Sauce
- Onion Powder
- Oregano
- Paprika
- Parsley
- Pumpkin Spice
- Salt
- Turmeric
- Pepper (does have carbs)
- Soy Sauce
- Vinegar
- Worcestershire Sauce
- Yellow and Brown Mustard
- Sugar Free Ketchup
- Sugar Free Syrup