



Ketosis Snacks Shopping List

- **Nuts:**

- Macadamia Nuts
- Brazil Nuts
- Hazelnuts
- Walnuts
- Pecans
- Almonds
- Planter's Heart Health
- Blue Diamond Wasabi & Soy Sauce Almonds
- Blue Diamond Bold Salt 'n Vinegar Almonds
- Nut Butters

- **Dairy:**

- Eggs
- String Cheese or Cheese Cubes
- Babybel Cheese Wheels
- Whipped Cream (Homemade)
- Blue Cheese Dressing
- Pepper Jack Cheese
- Cream Cheese

- **Produce:**

- Avocado
- Celery
- Black Olives
- Spinach
- Cucumbers
- Bell Peppers
- Cabbage

- **Meats:**

- Beef Jerky
- Meat Sticks
- Pepperoni
- Prosciutto
- Salami
- Canadian Ham
- Country Ham
- Salmon
- Tuna
- Sardines
- Beef / Chicken Broth
- Bacon

- **Drinks:**

- Protein Shakes
- Cashew Milk
- Almond Milk
- Coconut Milk
- Coffee (w/heavy cream)
- Bullet Proof Coffee

- **Dry:**

- Pork Rinds
- Flackers (Savory Rosemary & Dill)
- Moon Cheese
- Quest Protein Bars