

KETO GROCERY FOOD LIST

MEAT

- ☐ Bacon
- ☐ Beef
- ☐ Beef jerky
- ☐ Ham
- ☐ Hot dogs
- ☐ Lamb
- ☐ Pastrami
- ☐ Pork
- ☐ Prosciutto
- ☐ Roast beef
- ☐ Salami
- ☐ Sausages/Frankfurters
- ☐ Smoked deli meats
- ☐ Venison

SEAFOOD

- ☐ Anchovies
- ☐ Cod
- ☐ Crab
- ☐ Lobster
- ☐ Mackerel
- ☐ Oysters
- ☐ Salmon
- ☐ Sardines
- ☐ Scallops
- ☐ Shrimp
- ☐ Tilapia
- ☐ Tuna

EGGS & POULTRY

- ☐ Chicken
- ☐ Duck
- ☐ Eggs
- ☐ Goose
- ☐ Quail
- ☐ Turkey

CHEESE

- ☐ Blue cheese
- ☐ Brie
- ☐ Cheddar
- ☐ Colby Jack
- ☐ Cream cheese
- ☐ Feta
- ☐ Goat cheese
- ☐ Gouda
- ☐ Gruyère
- ☐ Havarti
- ☐ Mozzarella
- ☐ Parmesan
- ☐ Provolone
- ☐ Ricotta (full-fat)
- ☐ Swiss

VEGETABLES

- ☐ Arugula
- ☐ Asparagus
- ☐ Bell peppers
- ☐ Bok choy
- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Cabbage
- ☐ Cauliflower
- ☐ Celery
- ☐ Cucumber
- ☐ Eggplant
- ☐ Fennel
- ☐ Garlic
- ☐ Green beans
- ☐ Kale
- ☐ Kimchi
- ☐ Lettuce
- ☐ Mushrooms
- ☐ Okra
- ☐ Onions
- ☐ Radishes
- ☐ Sauerkraut
- ☐ Spinach
- ☐ Tomatoes
- ☐ Zucchini

FRUITS

- ☐ Avocados
- ☐ Blackberries
- ☐ Blueberries
- ☐ Coconuts
- ☐ Cranberries
- ☐ Lemons
- ☐ Limes
- ☐ Olives
- ☐ Raspberries
- ☐ Strawberries
- ☐ Tomatoes

FATS & OILS

- ☐ Avocado
- ☐ Butter
- ☐ Coconut
- ☐ Ghee
- ☐ Lard
- ☐ Macadamia
- ☐ MCT oil
- ☐ Olive oil
- ☐ Tallow
- ☐ Walnut oil

DRINKS

- ☐ Black coffee
- ☐ Herbal tea
- ☐ Sparkling water

DAIRY & SUBSTITUTES

- ☐ Almond milk
- ☐ Coconut milk
- ☐ Butter
- ☐ Coconut Cream
- ☐ Full fat milk
- ☐ Greek yogurt
- ☐ Heavy cream
- ☐ Sour cream
- ☐ Soy milk
- ☐ Whipped Cream

NUTS & SEEDS

- ☐ Almonds
- ☐ Brazil nuts
- ☐ Hazelnuts
- ☐ Macadamia
- ☐ Pecans
- ☐ Walnuts
- ☐ Chia seeds
- ☐ Flaxseeds
- ☐ Hemp seeds
- ☐ Pumpkin seeds
- ☐ Sesame seeds
- ☐ Sunflower seeds

FLOURS

- ☐ Almond flour
- ☐ Coconut flour
- ☐ Flaxseed meal
- ☐ Hazelnut flour
- ☐ Lupin flour
- ☐ Sunflower seed flour

SWEETENERS

- ☐ Allulose
- ☐ Erythritol
- ☐ Monk fruit sweetener
- ☐ Stevia
- ☐ Xylitol

PANTRY

- ☐ Apple cider vinegar
- ☐ Bone broth
- ☐ Cacao powder
- ☐ Coconut aminos
- ☐ Collagen powder
- ☐ Gelatin
- ☐ Mayonnaise
- ☐ Mustard
- ☐ Pickles
- ☐ Pork rinds

