

# Keto Grocery List (Printable)

## Proteins

- Beef
- Chicken thighs
- Ground beef
- Salmon
- Tuna
- Eggs
- Pork belly
- Turkey
- Shrimp

## Low-Carb Vegetables

- Spinach
- Broccoli
- Cauliflower
- Zucchini
- Lettuce
- Cabbage
- Cucumbers
- Mushrooms

## Keto Fruits

- Avocado
- Olives
- Strawberries
- Raspberries
- Blackberries
- Coconut

## Dairy

- Butter
- Heavy cream
- Cream cheese
- Cheddar cheese

- Mozzarella
- Greek yogurt (unsweetened)

## **Healthy Fats & Oils**

- Olive oil
- Avocado oil
- Coconut oil
- Ghee
- Mayonnaise (sugar-free)

## **Nuts & Seeds**

- Almonds
- Walnuts
- Macadamia nuts
- Chia seeds
- Flax seeds
- Pumpkin seeds

## **Keto Snacks**

- Cheese cubes
- Hard-boiled eggs
- Beef jerky (sugar-free)
- Pork rinds
- Avocado slices

## **Keto Drinks**

- Water
- Sparkling water
- Black coffee
- Green tea
- Herbal tea
- Bone broth

## **Foods to Avoid**

- Bread
- Rice

- Pasta
- Potatoes
- Sugar
- Candy
- Soft drinks