



# Keto Grocery List



## Meat & Fish

- ☐ Bacon
- ☐ Minced beef
- ☐ Ribeye steak
- ☐ Chicken
- ☐ Chicken thighs
- ☐ Cod fillets
- ☐ Haddock fillets
- ☐ Salmon
- ☐ Mackerel
- ☐ Anchovies
- ☐ Crab
- ☐ Squid
- ☐ Oysters
- ☐ Mussels
- ☐ Shrimp
- ☐ Tuna
- ☐ Trout
- ☐ Turkey
- ☐ Venison
- ☐ Veal
- ☐ Goat
- ☐ Lamb
- ☐ Minced lamb
- ☐ Pork
- ☐ Sausages

## Dairy

- ☐ Almond milk
- ☐ Coconut milk
- ☐ Eggs
- ☐ Cheese
- ☐ Cheddar, feta, mozzarella, parmesan, brie
- ☐ Double cream
- ☐ Single cream
- ☐ Greek yogurt
- ☐ Sour cream
- ☐ Butter

## Herbs & Spices

- ☐ Coriander
- ☐ Cumin
- ☐ Chilli flakes
- ☐ Mint
- ☐ Basil
- ☐ Thyme
- ☐ Dill

## Fruit & Vegetables

- ☐ Avocado
- ☐ Lettuce
- ☐ Blackberries
- ☐ Blueberries
- ☐ Strawberries
- ☐ Raspberries
- ☐ Broccoli
- ☐ Cabbage
- ☐ Cauliflower
- ☐ Celeriac
- ☐ Leafy greens
- ☐ Cherry tomatoes
- ☐ Tomatoes
- ☐ Chillies
- ☐ Courgettes (zucchini)
- ☐ Aubergine (egg plant)
- ☐ Cucumber
- ☐ Garlic
- ☐ Ginger
- ☐ Kale
- ☐ Olives
- ☐ Swiss chard
- ☐ Green beans
- ☐ Lemons
- ☐ Limes
- ☐ Mushrooms
- ☐ Onions
- ☐ Spinach
- ☐ Rocket (arugula)
- ☐ Bell peppers

## Nuts & Seeds

- ☐ Brazil nuts
- ☐ Pecan nuts
- ☐ Macadamia nuts
- ☐ Hazelnuts
- ☐ Walnuts
- ☐ Chia seeds
- ☐ Flax seeds
- ☐ Pumpkin seeds

## Snack Foods

- ☐ Fat bombs
- ☐ Beef jerky
- ☐ Pork rinds

## Oils & Fats

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

## Dried & Canned Goods

- ☐ Almond flour
- ☐ Coconut flour
- ☐ Cocoa powder
- ☐ Arrowroot powder
- ☐ Canned coconut milk
- ☐ Canned fish
- ☐ Sardines, tuna, anchovies, pilchards
- ☐ Sauerkraut
- ☐ Olives
- ☐ Nut butters
- ☐ Peanut, cashew, almond
- ☐ Yeast flakes
- ☐ White vinegar
- ☐ Vanilla extract
- ☐ Stock cubes

## Beverages

- ☐ Black coffee
- ☐ Green tea
- ☐ Black tea
- ☐ Water
- ☐ Unsweetened almond milk
- ☐ Unsweetened coconut milk
- ☐ Bone broth
- ☐ Sugar free electrolyte drink
- ☐ Keto collagen powder
- ☐ Keto whey protein powder