



Vegetarian Keto Shopping List



Healthy Fats

- Nuts & Seeds (Opt for low carb varieties)
- Macadamia nuts
- Walnuts
- Pecans
- Brazil nuts
- Almonds
- Hazelnuts
- Pine nuts
- Chia seeds
- Flaxseeds
- Pumpkin seeds
- Sunflower seeds
- Unsweetened nut butters (almond, macadamia, pecan, etc.)

Healthy Oils

- Olive oil
- Coconut oil
- Avocado oil
- Macadamia oil
- Flaxseed oil (not for cooking)
- MCT oil
- Walnut oil

Other Sources Of Healthy Fats

- Cocoa butter
- Coconut cream
- Avocados
- Olives

Animal Based Proteins (for lacto-ovo vegetarians)

- Hard cheeses (cheddar, parmesan, gruyère, etc.)
- Full fat cottage cheese
- Goat cheese
- Unsweetened full fat Greek yoghurt
- Eggs

Plant Based Proteins

- Tempeh (opt for organic, fermented options)
- Nutritional yeast
- Nuts & seeds
- Unsweetened nut based yoghurt
- Natto (fermented soybeans)

Low Carb Vegetables

- Spinach
- Leafy greens
- Kale
- Lettuce
- Swiss chard
- Asparagus
- Green beans
- Cauliflower
- Broccoli
- Courgettes (zucchini)
- Cabbage (red and white)
- Cucumber
- Bell peppers
- Mushrooms
- Tomatoes
- Aubergines (egg plants)
- Onions (in moderation)
- Garlic
- Rocket (arugula)
- Bok choy
- Brussels sprouts
- Celery
- Endive (escarole)
- Fennel
- Kohlrabi
- Radishes
- Shallots
- Turnips

Low Sugar Fruits

- Blackberries
- Raspberries
- Strawberries
- Blueberries
- Cranberries
- Lemons
- Limes
- Tomatoes

Pantry Staples

- Almond flour
- Artichoke hearts
- Baking powder
- Cocoa powder
- Baking soda
- Coconut flour
- Coconut milk (canned, full fat)
- Dark chocolate (85% cocoa or higher)
- Glucomannan powder
- Psyllium husk
- Nutritional yeast
- Hearts of palm
- Vanilla extract
- Apple cider vinegar
- Pickles (check for sugar content)
- Sauerkraut
- Vegan kimchi
- Seitan
- Tempeh
- Tofu
- Herbs & spices
- Shirataki noodles
- Nori sheets
- Roasted seaweed snacks
- Edamame
- Kelp noodles
- Kelp flakes

Condiments & Sauces

- Mustard
- Soy sauce
- Coconut aminos
- Balsamic vinegar
- Rice wine vinegar
- White wine vinegar
- Tomato ketchup (check the label for sugars)
- Chilli sauce
- Hot sauce
- Wasabi paste (check the label)