

KETO GROCERY LIST

Ketogenic  Woman

PRODUCE

Avocados
Berries
Lemons, Limes
Fresh Herbs
Leafy Greens
Mushrooms
Cauliflower and Broccoli
Cucumbers and celery
Summer squashes

FATS AND OILS

Coconut Oil
Avocado oil
Olive oil
Butter
Ghee
Cocoa Butter
Nut Butters
Nuts and Seeds
Full fat salad dressings

MEAT

Beef (Steaks, ribs, roasts, stewing meat)
Ground Beef
Organ meats
Lamb
Bacon
Pork chops, tenderloin and ground
Deli meats (check labels)

POULTRY AND SEAFOOD

Fresh or canned seafoods (Shrimp, salmon, cod, etc)
Chicken (whole, ground, wings)
Eggs
Turkey
Duck

DAIRY

Full fat Greek Yogurt
Heavy Cream
Sour Cream
Mayonnaise
Butter or Ghee
Any hard cheese except processed
Soft cheeses (cream cheese, ricotta, mascarpone)

BAKING/COOKING

Coconut Flour
Almond Flour
Shredded coconut
Cocoa powder
Extracts
Sweeteners: Stevia, Erythritol, monk fruit
Sea salt
Spices (no added sugars)

CONDIMENTS

Mustard
Sugar free ketchup
Apple Cider Vinegar
Soy Sauce, Tamari, Coconut Aminos
Sugar free hot sauce
Sugar free syrup

OTHER

Cartons of Beef, chicken and bone broth
Pork Rinds
Tea and Coffee
Unsweetened nut milks (almond, cashew, coconut)
Pickles, Sauerkraut, Kimchi, Olives
Salsa (no added sugar)