

KETO APPROVED SHOPPING LIST

MEAT

- BEEF
- CHICKEN
- LAMB
- PORK
- VEAL
- BACON
- SAUSAGE
- FISH
- CRAB
- LOBSTER
- MUSSELS
- OCTOPUS
- OYSTERS
- SCALLOPS
- SHRIMP
- BOLOGNA
- CORNED BEEF
- PASTRAMI
- PROSCIUTTO
- CHORIZO
- PEPPERONI
- SALAMI

DAIRY

- BUTTER
- GHEE
- HEAVY CREAM
- BLUE CHEESE
- MOZZARELLA
- BRIE
- CAMEMBERT
- COLBY
- CREAM CHEESE
- GOAT
- GOUDA
- MUENSTER
- PROVOLONE
- SWISS
- CHEDDAR
- FETA
- PARMESAN
- PEPPER JACK
- GREEK YOGURT
- SOUR CREAM
- WHOLE MILK

PRODUCE

- BOSTON LETTUCE
- ICEBURG LETTUCE
- WATERCRESS
- COLLARD
- KALE
- MUSTARD
- SPINACH
- SWISS CHARD
- ASPARAGUS
- AVOCADOS
- BOK CHOY
- CELERY
- EGGPLANT
- HERB
- MUSHROOM
- RADISH
- BROCCOLI RAAB
- TOMATOES
- ZUCCHINI
- ARTICHOKEs
- BROCCOLI
- BROCCOLINI
- BRUSSELS SPROUTS
- CABBAGE
- CAULIFLOWER
- CUCUMBERS
- GREEN BEANS
- OKRA
- SNAP PEAS
- SNOW PEAS
- TURNIPS
- CARROTS
- BERRIES

PANTRY

- AVOCADO OIL
- COCOA BUTTER
- COCONUT OIL
- OLIVE OIL
- LARD
- CANNED FISH
- CANNED SEAFOOD
- OLIVES
- SAUERKRAUT
- HOT SAUCE
- MAYONNAISE
- MUSTARD
- VINEGAR
- BROTH
- DRIED HERBS
- DRIED SPICES

DRINKS & SNACKS

- CLUB SODA
- COFFEE
- TEA
- ICED TEA
- PORK RINDS
- BEEF JERKY
- CHEESE CHIPS
- MACADAMIA NUTS
- PECANS
- BRAZIL NUTS
- CASHEWS