



# KETO-FRIENDLY GROCERY LIST

@The.Unapologetic.Working.Mom

## PROTEIN

- Steak
- Ground beef
- Bacon
- Chicken (any part)
- Turkey
- Pork
- Wild Game
- Ham (not lunchmeat, usually has sugar)
- Pepperoni
- Hot Dogs
- Sausage
- Smoked meats
- Fish & Shellfish
- Eggs

## VEGETABLES:

- Cauliflower
- Broccoli
- Green beans
- Cucumbers
- Lettuce
- Tomato
- Artichokes
- Asparagus
- Brussels Sprouts
- Cabbage
- Celery
- Kale
- Mushroom
- Onion
- Peppers
- Pumpkin
- Radishes
- Sauerkraut
- Spinach
- Zucchini

## OILS

- Olive oil
- Coconut oil
- MCT oil
- Avocado oil
- Ghee
- Lard
- Bacon fat
- Cocoa butter

## CONDIMENTS

- Mayo
- Mustard
- Ranch dressing
- Low-carb dressings
- Hot sauce
- Worcestershire Sauce

## DAIRY

- Cream cheese
- Pretty much any cheese that isn't processed like Velveeta
- Heavy whipping cream
- Cottage Cheese (4% milkfat)
- Sour Cream
- Butter

## FRUIT

- Strawberries
- Blackberries
- Blueberries
- Raspberries
- Lemon
- Lime
- Avocado
- Coconut (unsweetened)

## FOR BAKING

- Almond flour
- Coconut flour
- Baking powder
- Swerve (erythritol) granular
- Swerve liquid sweetener
- Monk fruit
- Cocoa Powder
- Vanilla Extract
- Swerve Confectioners
- Psyllium Husk
- Flaxseed Meal
- Unsweetened Chocolate
- Lily's Chocolate chips

## NUTS/NUT BUTTERS

- Almonds
- Walnuts
- Macadamias
- Pecans
- Peanuts
- Sunflower Seeds
- Chia seeds
- Flax seeds
- Pumpkin seeds
- Almond butter
- Coconut butter
- Macadamia nut butter
- Peanut butter (be careful only 1 serving)