

# Keto Grocery Checklist

A ketogenic shopping list organized by category, from healthy fats and proteins to low-carb veg, dairy and pantry staples.

## Healthy Fats & Oils

- Extra-virgin olive oil
  - Avocado oil and coconut oil
  - Butter or ghee
  - Avocados
  - Olives
  - Mayonnaise with no added sugar
- Fats are the backbone of a keto plate.

## Proteins

- Chicken, turkey and other poultry
  - Beef, pork and lamb
  - Fatty fish like salmon, mackerel and sardines
  - Shrimp and other seafood
  - Eggs
  - Bacon and sausage with no added sugar
- Check labels, as some cured meats add sugar.
- Tofu and tempeh for plant-based protein

## Low-Carb Vegetables

- Leafy greens: spinach, kale, lettuce
  - Broccoli and cauliflower
  - Zucchini and other summer squash
  - Bell peppers and mushrooms
  - Asparagus and green beans
  - Cabbage and Brussels sprouts
- Stick to non-starchy veg that grow above ground.

## Dairy & Alternatives

- Hard and soft cheeses
  - Heavy cream
  - Full-fat plain Greek yogurt in moderation
  - Cream cheese
  - Unsweetened almond or coconut milk
- Choose unsweetened versions to avoid added sugar.

## Nuts, Seeds & Pantry

- Almonds, pecans, walnuts and macadamias
- Chia, flax and pumpkin seeds
- Almond flour and coconut flour
- Nut butter with no added sugar
- Sugar-free sweetener such as erythritol or stevia

- Low-carb broth, herbs and spices

Pantry staples make keto cooking easier and more varied.

## **Drinks & Extras**

- Water and sparkling water
- Coffee and unsweetened tea
- Electrolytes or extra salt for the early adjustment
- Pickles and low-sugar condiments like mustard
- Dark chocolate (high cacao) as an occasional treat
- Important: this is general information, not medical or dietary advice

Keto is a medical-style diet — consult your doctor or a registered dietitian before starting, especially with a health condition.