

Must-Have Keto Staples

Shopping List

Fridge

- Eggs
- Almond Milk
- Cheese
- Kerrygold Butter
- Heavy Cream
- Pepperoni Slices
- Olives
- Pickles
- Mayo
- Mustard

Vegetables

- Avocados
- Grape Tomatoes
- Cauliflower
- Lettuce
- Celery
- Peppers
- Spaghetti Squash
- Zucchini

Meats

- Chicken Breasts
- Grass-Fed Ground Beef
- Steak
- Fish
- Bacon

Fruits

- Berries
- Lemon/Limes

Pantry

- Nuts
- Almond Flour
- Pork Rinds
- Cheese Whisps
- Pork Rind Panko Breadcrumbs
- Sugar Substitute
- Unsweetened Cocoa
- Dark Chocolate Chips
- Beef Sticks
- Everything But The Bagel Seasoning
- Beef or Chicken Broth
- Bone Broth
- Olive Oil
- Vinegar

Supplements*

- Keto Protein Shake or Protein Powder
- Collagen Peptides
- Multivitamin

*Check with your doctor before taking supplements