



# KETO KITCHEN STOCK UP SHOPPING LIST

## DAIRY

- Shredded cheese
  - mozzarella
  - cheddar
- Cream cheese
- Hard, aged cheese
- Cheese sticks
- Grass-fed butter, like Kerrygold
- Heavy cream
- Eggs
- Almond milk

## FROZEN

- Riced cauliflower
- Broccoli
- Cauliflower
- Brussel sprouts

## DELI MEAT

- Bacon
- Sliced ham
- Sliced turkey
- Sausage bites
- Pepperoni slices

## PRODUCE

- Zucchini
- Lettuce
- Cauliflower
- Avocado
- Celery
- Grape tomatoes
- Peppers
- Berries
- Lemon / lime

## BUTCHER / MEAT

- Grass-fed beef
- Ribeye steak
- Chicken thighs
- Sausage
- Ground chicken
- Salmon

## BAKING

- Almond flour
- Alternative sweetener
- Xanthan gum
- Olive oil
- Coconut oil
- Unsweetened powdered cocoa
- Extra dark chocolate chips

## PACKAGED FOODS

- Sugar-free ketchup
- Sugar-free BBQ sauce
- Full-fat salad dressing
- Mayo
- Mustard
- Olives
- Pickles
- Almonds
- Macadamia nuts
- Nut butter
- Jerky / Meat sticks
- Cheese crisps
- Low-carb protein bars
- Stevia-sweetened chocolate
- Pork rinds
- Alfredo sauce
- Chicken broth / bouillon
- Apple cider vinegar



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