



# KETO KITCHEN STOCK UP SHOPPING LIST

## DAIRY

- Shredded cheese
- Cream cheese
- String cheese
- Hard, aged cheese
- Grass-fed butter
- Heavy cream
- Eggs
- Ghee
- Almond milk

## BUTCHER / MEAT

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

## PRODUCE

- Zucchini
- Lettuce
- Cauliflower
- Avocado
- Celery
- Brussels sprouts
- Grape tomatoes
- Peppers
- Spinach
- Jicama
- Radishes
- Spaghetti squash
- Berries
- Lemon / lime

## FROZEN

- Riced cauliflower
- Broccoli
- Cauliflower

## DELI MEAT

- Bacon
- Sliced turkey
- Roast beef
- Sausage bites
- Pepperoni slices

## BAKING

- Almond flour
- Coconut flour
- Alternative sweetener
- Xanthan gum
- Olive oil
- Avocado oil
- Coconut oil
- Apple cider vinegar
- Unsweetened cocoa
- SF chocolate chips
- Bouillon
- Keto spices/seasoning

## PACKAGED FOODS

- SF ketchup
- SF BBQ sauce
- Full-fat salad dressing
- Mayo
- Mustard
- Guacamole
- Salsa
- Bone broth
- Nuts
- Nut butter
- Jerky / Meat sticks
- Cheese crisps
- Low-carb protein bars
- Stevia-sweetened chocolate
- Pork rinds
- Chicken broth / bouillon
- Pickles
- Olives



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