

# KETO KITCHEN

## Produce

- Artichokes
- Asparagus
- Avocado
- Berries
- Bok Choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Chard
- Cucumber
- Eggplant
- Grape tomatoes
- Green beans
- Jicama
- Kale
- Lettuce
- Mushrooms
- Peppers
- Radishes
- Spaghetti squash
- Spinach
- Tomatoes
- Zucchini

## Meats

- Beef, grass-fed
- Chicken, ground
- Chicken thighs
- Pork
- Salmon
- Sausage
- Shrimp
- Steak
- Tuna
- Turkey, ground

## Baking

- Almond flour
- Apple cider vinegar
- Broth/bouillon
- Bone broth
- Cake mixes, keto
- Chocolate chips, keto
- Cocoa powder, unsweet
- Coconut flour
- Coconut, unsweetened
- Oils - avocado, olive, etc.
- Everything But the Bagel Seasoning
- Keto sweeteners
- Xanthan gum



## Deli Meats

- Bacon
- Corned beef
- Ham
- Pepperoni
- Prosciutto
- Roast beef
- Salami
- Sausage bites
- Turkey, sliced

## Dairy

- Butter, grass-fed (like Kerrygold)
- Cheeses
- Cream cheese
- Cottage cheese
- Eggs
- Ghee
- Heavy cream
- Milks, low-carb & no sugar added
- Yogurt, full-fat & no sugar

## Frozen Goods

- Avocado
- Berries
- Broccoli florets
- Cauliflower florets
- Frozen dinners
- Riced cauliflower
- Spinach

## Snacks

- Beef jerky (no sugar)
- Cheese crisps
- Eggs, hard-boiled
- Low-carb protein bars
- Nuts
- Nut butters
- Olives
- Pickles
- Pork rinds
- Protein bars
- Sugar-free chocolate bars

## Condiments

- BBQ sauce, sugar-free
- Guacamole
- Hot sauce, no sugar
- Ketchup, no sugar
- Lemon or lime juice
- Mayonnaise
- Mustard
- Pesto
- Pico De Gallo
- Salad dressing, full fat
- Salsa
- Soy sauce or tamari

# STOCK-UP SHOPPING LIST