

ESSENTIAL KETO SHOPPING LIST



PRODUCE:

- Lettuce
- Tomatoes
- Bell peppers
- Onions
- Garlic
- Zucchini (for zoodles)
- Cauliflower rice
- Broccoli
- Spaghetti squash
- Avocado
- Berries

DAIRY:

- Cheese (any type)
- String cheese
- Greek yogurt (plain, full-fat)
- Heavy whipping cream
- Butter

PROTEIN:

- Eggs
- Ground beef (80/20, grass-fed if possible)
- Steak
- Chicken
- Bacon
- Brats
- Lunch meat
- Salmon

PANTRY GOODS:

- Almond flour
- Mixed nuts
- Salsa (check the sugar content)
- Coffee or tea
- Marinara sauce (no-sugar-added)
- Pesto

• SIMPLE MEAL INSPIRATION: •

BREAKFAST

- Eggs with bacon, top with sour cream, shredded cheese, avocado, and/or salsa
- Cheesy scrambled eggs
- Full-fat Greek yogurt with berries
- String cheese wrapped in lunch meat

LUNCH

- Salad with grilled chicken breast or lunch meat and cheese
- Lettuce wrap sandwich
- Lettuce wrapped bacon cheeseburger
- Leftovers from dinner

DINNER

- Steak with cauliflower rice and broccoli
- Crispy almond flour breaded chicken over pesto zoodles
- Spaghetti squash with ground beef and no-sugar-added marinara
- Brats with sautéed vegetables, topped with cheese