

# Keto Grocery Shopping List

I may have failed to mention some low carb foods. This list is a general guide. If you want a food not listed, look up the carb count. Make sure it fits into your daily carb allowance. Also check the serving size.

The ideal carb count for a Ketogenic diet is 20 total carbs a day or under. Shop for the lowest carb foods. Reduce carbs and get plenty of fat and protein for fullness.

## Low Carb Grocery List

Become a label reader. Eliminate seed oils, they are very inflammatory, Do your best to eat whole one ingredient foods, staying away from highly processed food is best.

Eat the lowest carb foods possible.

### Meat in natural form:

Beef

Pork

Lamb

Bison

Venison

Poultry

Seafood

Eggs

Bacon

Sausage ( cleanest ingredients, stay away from ingredients

that you can't pronounce or don't know what they are)

### **Low Carb Vegetables & Fruit:**

Eat in moderation

(Vegetables have carbs so check carb counts)

Green beans

Broccoli

Cauliflower

Cabbage

Lettuce

Kale

Asparagus

Tomatoes

Peppers

Zucchini

Squash

Mushrooms

Onions

Eggplant

Cucumber

Celery

Brussel Sprouts

Radish

Green Onions

Avocado

Berries

Olives

Pickles

**Dairy:**

Eat in moderation

Most Cheese is ok read labels, select the lowest carb count,  
no added sugars

Shredded cheese has more carbs because of non-caking agents  
added to them.

Butter

Ghee

Heavy Cream

Sour Cream

Cream Cheese

Mascarpone Cheese

Cottage Cheese

Yogurt (sugar free, low carb)

Plain Greek Yogurt

**Condiments:**

Mayonnaise

Sugar Free Ketchup

Sugar Free BBQ Sauce

Mustard

Tamari

Coconut Aminos

Vinegar

Sugar Free Salsa

Sugar Free Salad Dressing low carb

Low Carb Marinara Sauce

**Snacks:**

Pork Rinds

Pepperoni

Lunchmeat

Jerky (sugar free low carb)

Meat Sticks

Cheese Sticks

Nuts in moderation

Egglife Wraps

Crepini Egg Wraps

Sugar Free Jello

**Sweeteners:**

Allulose

Monkfruit

Stevia

Erythitol

**Beverages:**

Water

Sparkling Water

Coffee/ Tea

Unsweetened Nut milk

Diet Soda

**Baking Ingredients:**

Almond Flour

Coconut Flour

Baking Powder

Xanthan Gum

Egg White Powder

No Sugar nut butters (natural)

**Oils:**

Olive oil

Avocado oil

Beef tallow

Butter

Ghee

Bacon grease

Lard