

**GROCERY STORE**  
**KETO**  
Shopping List

by Jennifer Garza



# FIRST TRIP TO THE GROCERY STORE

This shopping list is what I purchased when I went to the store for the first time. These foods are recommendations and certainly not the full list of allowed foods on the keto diet. They are simply the easiest to start with.

## PROTEINS

- Bacon (lowest sugar bacon possible)
- Chicken (usually the higher fat types like dark meat cuts)
- Bratwurst
- Eggs (3 - 18 count cartons)
- Ground Beef
- Kielbasa Sausage
- Pepperoni Slices
- Pork Ribs
- Pork Rinds (excellent snack if you need the crunch factor)
- Turkey



## HEALTHY FATS

- Almonds
- Almond butter
- Avocados
- Butter (Kerrygold is a high quality brand I really like)
- Cheese (Cheddar, Colby, Feta, Mozzarella, Blue Cheese, Provolone, Ricotta, and so many others)
- Coconut Cream
- Coconut Milk (unsweetened)
- Cream Cheese (3 blocks)
- Heavy Whipping Cream
- Ghee
- Mayonnaise (full fat mayo such as Dukés)
- Olive Oil
- Pecans
- Sour Cream
- Walnuts



## CARBOHYDRATES

- |                   |             |                    |            |
|-------------------|-------------|--------------------|------------|
| • Artichokes      | • Kale      | • Spaghetti Squash | • Tomatoes |
| • Blueberries     | • Lemon     | • Spinach          | • Zucchini |
| • Broccoli        | • Lettuce   | • Strawberries     |            |
| • Brussel Sprouts | • Lime      |                    |            |
| • Cabbage         | • Mushrooms |                    |            |
| • Cauliflower     | • Onions    |                    |            |
| • Cucumbers       | • Peppers   |                    |            |
| • Garlic          | • Snow Peas |                    |            |



*Shopping list based on a family of four*