

100 Keto Grocery List

Proteins

- Grass-fed beef
- Free-range chicken
- Turkey breast
- Bacon
- Sausage
- Salmon
- Tuna
- Eggs
- Pork chops
- Ground beef
- Lamb
- Venison
- Duck
- Cod
- Shrimp
- Lobster
- Crab
- Scallops
- Tilapia
- Halibut

Low-Carb Vegetables

- Spinach
- Kale
- Broccoli
- Cauliflower
- Zucchini
- Bell peppers
- Cucumber

- Mushrooms
- Asparagus
- Green beans
- Brussels sprouts
- Cabbage
- Lettuce
- Swiss chard
- Radishes
- Celery
- Eggplant
- Artichokes
- Leeks
- Turnips

Healthy Fats

- Avocados
- Olive oil
- Coconut oil
- MCT oil
- Butter
- Ghee
- Heavy cream
- Hard cheese
- Almonds
- Walnuts
- Chia seeds
- Flax seeds
- Pumpkin seeds
- Sunflower seeds
- Macadamia nuts
- Pecans
- Brazil nuts
- Hazelnuts

- Pine nuts
- Cashews (limited)

Dairy (Full-Fat)

- Full-fat yogurt
- Cottage cheese
- Cream cheese
- Sour cream
- Goat cheese
- Mozzarella
- Cheddar
- Parmesan
- Blue cheese
- Ricotta

Pantry Items

- Almond flour
- Coconut flour
- Psyllium husk
- Xanthan gum
- Baking powder
- Stevia
- Erythritol
- Monk fruit sweetener
- Apple cider vinegar
- Soy sauce (low-sodium)
- Tamari
- Coconut aminos
- Mustard
- Mayonnaise (sugar-free)
- Ketchup (no sugar)
- Hot sauce
- Bone broth

- Beef stock
- Chicken stock
- Fish sauce