

# KETO DIET GROCERY LIST

## Proteins

- Grass-fed Beef
  - Chicken Thighs
  - Salmon / Mackerel
  - Whole Eggs
  - Bacon (Sugar-free)
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## Healthy Fats & Oils

- Avocado Oil
  - Extra Virgin Olive Oil
  - Grass-fed Butter / Ghee
  - Coconut Oil
  - MCT Oil
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## Produce (Low Carb)

- Spinach / Kale
  - Avocado
  - Cauliflower
  - Zucchini
  - Asparagus
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## Dairy

- Heavy Cream
  - Hard Cheeses (Cheddar/Parm)
  - Full-fat Greek Yogurt
  - Cream Cheese
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## Nuts & Seeds

- Macadamia Nuts
  - Walnuts / Pecans
  - Chia Seeds
  - Hemp Hearts
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## Pantry & Snacks

- Almond Flour

- Pork Rinds
  - Sea Salt / Electrolytes
  - Sugar-free Dark Chocolate
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