

KETO DIET SHOPPING LIST

STOCKPILINGMOMS.COM

MEATS

Ground Beef 80/20
Chuck Roast
Ribeye Steak
Chicken Thighs
Chicken Breasts
Whole Chickens
Duck
Breakfast Sausage
Bacon
Kielbasa
Polish Sausage
Pork Loin
Pork Ribs
Ground Pork
Ham Steaks
Pork Steaks
Lamb Chops
Ground Lamb
Venison
Buffalo
Elk
Salmon
Shrimp
Tuna
Trout
Bratwurst
Hot Dogs
Luncheon Meats
Pepperoni

VEGETABLES

Broccoli
Cauliflower
Cabbage
Bell Pepper
Cucumbers
Lettuce
Onions
Garlic
Sprouts
Spaghetti Squash
Summer Squash
Zucchini

FRUITS

Avocados
Blueberries
Blackberries
Raspberries
Strawberries

FATS/OILS

Avocado Oil
Olive Oil
Grapeseed Oil
Coconut Oil
Sesame Oil

DAIRY

Heavy Cream
Cream Cheese
Eggs
Sour Cream
Butter
Hard Cheeses
Greek Yogurt

MISC.

Peanut Butter
Sunflower Butter
Almond Butter
Nuts, Seeds
Nut Flours for
baking
No Sugar Added
Sauces
Chicken Stock
Sugar Free Pickles
Pickle Juice
Mustard
Cider Vinegars
Salsa/Hot Sauce
Sugar Free Salad
Dressings
Full-Fat Ranch
Beef Jerky
Olives
Pork Rinds