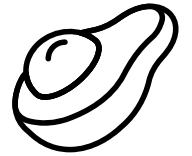


How To Start Keto Shopping List



MEAT

- Bacon
- Ground Beef
- Pork
- Salami & Pepperoni
- Sausage
- Steak
- Venison/ Bison/ Buffalo

Seafood

- Anchovies
- Crab
- Lobster
- Salmon
- Sardines
- Scallops
- Shrimp
- Trout
- Tuna

FRUIT & VEGGIES

- Avocado
- Asparagus
- Bell Peppers
- Bok Choy
- Broccoli
- Blueberries
- Brussels Sprout
- Cabbage
- Cauliflower
- Celery
- Coconut
- Cucumber
- Eggplant
- Green Beans
- Kimchi
- Lettuce
- Mushrooms
- Olives
- Spaghetti Squash
- Spinach
- Tomatoes
- Zucchini

DAIRY & EGGS

- Blue Cheese
- Butter
- Cheddar Cheese
- Cottage Cheese
- Eggs
- Heavy Cream
- Cream Cheese
- Feta Cheese
- Mozzarella Cheese
- Parmesan Cheese
- Sour Cream

FATS & OILS

- Avocado Oil
- Coconut Oil
- Duck Fat
- Extra Virgin Olive Oil
- Ghee
- MCT Oil
- Tallow

NUTS & SEEDS

- Almonds
- Brazil Nuts
- Chia Seeds
- Flax Seeds
- Macadamia Nuts
- Pecans
- Pili Nuts
- Pumpkin Seeds
- Sesame Seeds
- Walnuts

BAKING

- Almond Flour
- Coconut Flour
- Gelatin
- Oat Fiber
- Psyllium Husk
- Xanthan Gum

Sweeteners

- Allulose
- Erythritol
- Monk Fruit
- Stevia

CONDIMENTS

- Apple Cider Vinegar
- Blue Cheese Dressing
- Coconut Aminos
- Hot Sauce
- Mayonnaise
- Mustard
- Sugar-Free BBQ Sauce
- Sugar-Free Ketchup
- Sugar-Free Ranch Dressing

PANTRY & MISC.

- Bone Broth
- Coconut Cream
- Nut Butters
- Pork Rinds
- Pickles
- Seaweed