

KETO GROCERY LIST



Vegetables

- ☐ Cauliflower
- ☐ Avocado
- ☐ Broccoli
- ☐ Cabbage
- ☐ Zucchini
- ☐ Spinach
- ☐ Asparagus
- ☐ Brussels Sprouts
- ☐ Kale
- ☐ Green Beans
- ☐ Celery
- ☐ Garlic
- ☐ Tomatoes



Nuts + Seeds

- ☐ Pecans
- ☐ Macadamia nuts
- ☐ Almonds
- ☐ Peanuts
- ☐ Hemp seeds
- ☐ Flax seeds
- ☐ Chia seeds
- ☐ Pumpkin seeds



Dairy Alternatives

- ☐ Heavy Cream
- ☐ Butter
- ☐ Cottage Cheese
- ☐ Mozzarella Cheese
- ☐ Cream Cheese



Fruits

- ☐ Avocado
- ☐ Watermelon
- ☐ Peaches
- ☐ Strawberries
- ☐ Cantaloupe
- ☐ Lemon
- ☐ Raspberries
- ☐ Blackberries
- ☐ Clementine
- ☐ Kiwi
- ☐ Plum



Condiments + Spices

- ☐ Mayo
- ☐ Mustard
- ☐ Coconut Aminos
- ☐ Unsweetened Ketchup
- ☐ Sugar-Free BBQ Sauce
- ☐ Oregano
- ☐ Cumin
- ☐ Chili powder
- ☐ Black Pepper
- ☐ Paprika



Oils

- ☐ Avocado oil
- ☐ Extra Virgin Olive Oil
- ☐ Ghee
- ☐ Lard
- ☐ Coconut Oil



Nut Butters

- ☐ Almond Butter
- ☐ Peanut Butter
- ☐ Pecan Butter
- ☐ Macadamia Nut Butter
- ☐ Almond Butter



Proteins

- ☐ Eggs
- ☐ Bacon
- ☐ Chicken
- ☐ Beef
- ☐ Turkey
- ☐ Duck
- ☐ Wild Game
- ☐ Sausage
- ☐ Shrimp
- ☐ Scallops
- ☐ Snapper
- ☐ Cod
- ☐ Snapper
- ☐ Cod



Baking

- ☐ Erythritol
- ☐ Liquid Stevia
- ☐ Maple syrup
- ☐ Almond flour (fine)
- ☐ Coconut flour
- ☐ Plain flour
- ☐ Baking powder
- ☐ Vanilla Extract

Notes

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 Nut Butters

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 Proteins

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 Nuts + Seeds

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 Condiments + Spices

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 Dairy Alternatives

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 Oils

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Notes

KETO WEEKLY MENU

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Notes