



# Keto Diet Shopping List



## Low-Carb

### Vegetables

- Spinach
- Kale
- Broccoli
- Cauliflower
- Zucchini
- Bell peppers
- Asparagus
- Cabbage
- Brussels sprouts
- Green beans

### Protein

- Eggs
- Salmon
- Tuna
- Chicken breast
- Turkey
- Grass-fed beef
- Pork tenderloin
- Lamb chops
- Shrimp
- Greek yogurt (unsweetened)

## Beverages:

- Water
- Unsweetened tea
- Coffee
- Bone broth
- Coconut water

## Condiments and Flavorings

- Coconut aminos
- Apple cider vinegar
- Mustard (sugar-free)
- Hot sauce (sugar-free)
- Herbs and spices (basil, oregano, turmeric, cinnamon)

## Healthy Fat

- Avocado
- Olive oil
- Coconut oil
- Grass-fed butter
- Macadamia nuts
- Pecans
- Almonds
- Chia seeds

## Nuts and Seeds

- Walnuts
- Flaxseeds
- Hemp seeds
- Sunflower seeds
- Pumpkin seeds
- Cashews (in moderation)
- Pistachios (in moderation)

## Dairy Products

- Full-fat cheese (cheddar, mozzarella, goat cheese)
- Heavy cream
- Cottage cheese
- Cream cheese
- Unsweetened almond milk
- Greek yogurt (unsweetened)



SHOP FASTER. MAKE LISTS IN THE LISTONIC APP

