

Keto Shopping List for Beginners

Meat

Beef
Bacon
Chicken
Ham
Pork

Fish

Anchovies
Herring
Mackerel
Sardines
Tuna

Dairy & Eggs

Cheese
Eggs
Milk (full fat)
Tofu
Yogurt

Drinks

Coffee
Tea
Soda water
Spirits
Wine

Vegetables

Avocados
Asparagus
Bell peppers
Broccoli
Cauliflower
Courgettes / zucchini
Kale
Lettuce
Onions
Rocket / arugula
Spinach
Tomatoes

Fruit

Blackberries
Strawberries
Raspberries

Nuts

Brazil
Macadamia
Pecan

Oil

Olive
Linseed / flaxseed
Rapeseed

