# KETO grocery list

## FRUITS & VEGETABLES

- ○ Cauliflower
- ○ Broccoli
- ○ Spinach
- ○ Kale
- ○ Arugula

- ○ Bell pepper
- ○ Celery
- ○ Cucumber
- ○ Eggplant
- ○ Asparagus

- ○ Avocados
- ○ Raspberries
- ○ Blueberries
- ○ Blackberries

## MEAT & FISH

- ○ Grass-fed beef
- ○ Organic chicken

- ○ Tuna
- ○ Salmon

- ○ Bone broth
- ○ Sardines

## DAIRY & EGGS

- ○ Almond milk
- ○ Coconut milk
- ○ Hemp milk

- ○ Full-fat cheese
- ○ Heavy cream
- ○ Eggs

- ○ Sour cream
- ○ Quark
- ○ Greek yogurt

## MISCELLANEOUS

- ○ Tofu
- ○ Low-card noodles
- ○ Nut butter

- ○ Dark chocolate
- ○ Keto protein bars
- ○ Keto granolas

- ○ Alternative flours
- ○ Nut & seeds
- ○ Olive oil