

Beginner Keto Low Carb Shopping List

MyProductiveBackyard.com

Meat

Many of these can also be found in the canned section and are often cheaper. Just check labels for added sugars, etc.

Bacon **

Beef

Beef Jerky**

Bison

Chicken

Crab

Duck

Fish

Ham**

Lamb

Lobster

Lunchmeat**

Organ meats

Pork

Salmon

Sausage**

Shrimp

Tuna

Turkey

Wild caught meat

Nuts and Seeds

Almonds

Brazil nuts

Hemp seeds

Macadamia nuts

Peanuts (actually a legume and not strict Keto)

Pecans

Pine nuts

Pumpkin seeds

Sesame seeds

Sunflower seeds

Walnuts

Fats

Avocado oil

Coconut oil

Extra virgin olive oil

Ghee

Macadamia oil

Olive oil

Full Fat Dairy

Butter

Cheddar cheese

Colby cheese

Cottage Cheese**

Cream cheese

Heavy whipping cream (not Cool Whip)

Mozzarella cheese

Other cheese

Parmesan cheese

Plain yogurt**

Ricotta cheese

Sour cream

String cheese

Other

Almond flour

BBQ sauce; homemade or sugar free

Chocolate 85%+ or sweetened with Stevia like Lily's

Coconut milk

Dill pickles

Eggs

Hot Pepper sauce, like Frank's Red Hot

Ketchup sugar free or homemade

Mayonnaise

Mustard**

Olives

Pork rinds

Protein Bars* **

Protein Shakes* **

Salad dressing**

Salsa**

Spices

Vinegar; not balsamic

Drinks

Almond milk, unsweetened

Broth**

Club soda

Coffee

Flavored seltzers

Herbal teas

Hot tea

Iced tea

Water

Vegetables/Fruits

Many of these can also be found in the canned or frozen section and are cheaper there.

Asparagus

Avocado

Bell peppers

Broccoli

Brussels Sprouts

Cabbage

Cauliflower

Celery

Cucumber

Eggplant

Garlic

Green beans

Kale

Lemons

Lettuce

Limes

Mushrooms

Onion*

Radishes

Salad mix

Spaghetti squash*

Spinach

Tomatoes*

Tomato sauce*

Zucchini

Baking

Almond flour*

Baking powder

Baking soda

Cocoa Powder

Coconut flour*

Swerve, Stevia, Erythritol, Xylitol or your choice of sweetener*

Sugar free jello* (not pudding)

Xanthan gum

*Use sparingly

**Check carb counts and sugar