

Clean Keto Walmart Items

MyProductiveBackyard.com

Fresh Produce; usually right as you walk in the door

Fresh berries (small portions only!)

Wholly Guacamole minis; Classic or Spicy

Precut Market side Cauliflower

Broccoli Florets

Asparagus Tips

French Beans

Mushrooms

Baby Spinach

Spinach & Spring Mix

Half & Half Mix

Spring Mix

Greens/lettuce

Ready to eat Celery Sticks

Zucchini Noodles

Chopped Cauliflower

Lots of greens, broccoli, cauliflower, radishes, herbs, peppers, zucchini, eggplant, brussels sprouts, cucumbers, cabbage, etc.

Deli Area Meats and Cheeses: usually found in the packaged lunchmeat, hot dogs and bacon section

Panino Prosciutto Wrapped Mozzarella Cheese

Del Duca Prosciutto

The Laughing Cow Cheeses; Swiss, Swiss Garlic and Herb, Spicy Pepper Jack

Babybel Cheese; White Cheddar, Original, Mozzarella

Great Value Deli Slice Cheese; Sharp Cheddar & Mozzarella (& more)

Cracker Barrel Cracker Cuts

Kraft Cracker Cuts; Cheddar & Colby and Monterey Jack
Land O Lakes Mild Cheddar and Colby Jack Cheese
Sargento String Cheese
Sargento Sharp Cheddar Cheese Sticks
Cheese Heads String Cheese

Hot Dogs

Applegate Natural Uncured Beef Hot dogs

Specialty cheeses (may be in a different section than the regular cheese but usually nearby)

La Morenita Queso Fresco crumbling cheese
Bella Rosa Parmesan; shaved, shredded, grated
President Feta chunk
BelGioioso; Parmesan, Aged, Asiago, Romano
Red Apple Cheese; Smoked Cheddar & Smoked Gouda
Mascarpone
Jarlsberg
Kerrygold Dubliner
Black Creek Extra Sharp Cheddar
Zanetti Parmigiano Reggiano
Chevre Goat Cheese

Condiments Aisle

Frank's Hot Sauce
Louisiana Hot Sauce
Mustard; Spicy Brown or Yellow
Pompeian Red or White Wine Vinegar
Harry & David Roasted Red Pepper Artichoke Spread
Thai Kitchen Coconut Milk
Bragg's Apple Cider Vinegar

Great Value Cantina Salsa Verde
Ortega Salsa
Herdez Salsa Casera or Verde
Great Value Large Pitted Black Olives
Great Value Greek Kalamata Olives
Gaea Carrot Snack
Gaea Cauliflower Snack
Pearls Olives to Go
Gaea Gourmet Olives; Kalamata or Green
Gaea Olive Snack; Green, Kalamata & Marinated Green

Gluten Free Aisle

Chomp's Grass Fed Beef Snack Sticks; Original & Hoppin' Jalapeno
Chomp's Free Range Turkey Snack Sticks
Hulled Hemp Seeds
Chia Seeds
Earthly Choice Acai Powder
Miracle Noodle Angel Hair Konjac Shirataki Noodle

With Spaghetti

Rao's Homemade Marinara Sauce

Canned Vegetables

Green Beans
Asparagus
Capers
Sauerkraut

Baking Aisle (or could be in gluten free aisle)

Almond Flour
Coconut Flour
Xanthan Gum

Flaxseed Meal
Unsweetened Coconut Flakes
Pyure
Truvia
Stevia
Monkfruit Sweetener
Swerve; Granular & Confectioners
Baking Cocoa
Chosen Foods Avocado Oil
Chosen Foods Avocado Oil Spray
Carrington Farms Coconut Cooking Oil
Carrington Farms Organic Ghee
Great Value Organic Virgin Coconut Oil
Great Value Extra Virgin Olive Oil

With Peanut Butter

Barney Butter Almond Butter
MaraNatha No Stir Almond Butter
MaraNatha No Sugar or Salt Added Almond Butter packets

Cans and packets of meat; in the canned meat aisle.

Packets

Starkist Selects E.V.O.O. Yellowfin Tuna

Cans

Roland Escargots
Chicken of the Sea Whole Oysters
Crown Prince Sardines in olive oil
Crown Prince Brisling Sardines
Royal Red Sockeye Red Salmon
Bar Harbor Maine Lobster Meat

Chicken of the Sea Infusions; Lemon & Thyme and Thai Chili
Chicken of the Sea Pink Salmon
Season Brand Sardines; in olive oil or water
Cole's Trout Smoked Rainbow Trout in olive oil
Chicken of the Sea Chub Mackerel
Great Value Premium Chunk Chicken Breast

Butter, Milk and Eggs area

Kerrygold Butter; salted and unsalted
Almond Breeze Almond Milk Unsweetened
Great Value Almond Milk Unsweetened
Silk Cashew Milk Unsweetened
Silk Coconut Milk Unsweetened
Great Value Half & Half
Philadelphia Cream Cheese
Great Value Butter; salted and unsalted
Hard Boiled Eggs; peeled and ready to go
Eggs

Drink Aisle

Zevia Soda
LaCroix
Virgil's Zero Sugar: Root Beer & Black Cherry
Deer Park Sparkling Lemon (& other flavors)
Great Value Club Soda
Traditional Medicinals teas
Great Value Green or Black Tea
Coffee!

Fresh Meat

Most packages do not have nutrition labels to picture but fresh meats are 0 carbs and perfect for our Keto and low carb lifestyle! They even have an organic and grass-fed section.

Frozen Section

Meat

Steak-Ums—100% real beef Try Philly Cheesesteak Casserole with them; our favorite!

Great Value 100% pure Beef Burgers

Vegetables

Cauliflower

Broccoli

Spinach

Green Beans

Okra

Brussels Sprouts

Green Giant Riced Veggies; Broccoli and Cauliflower

Green Giant Veggie Spirals; Zucchini

Berries (Again; small amounts. Note that the nutrition labels calculate the carbs for 1 cup. We would eat a much smaller portion.)

Blueberries

Strawberries

Blackberries

Raspberries

Nuts and Seeds; the bigger, cheaper by the ounce bags are usually with baking and the others would be in the nuts/snacks aisle.

(With Baking)

Diamond Shelled Walnuts
Fisher Pecan Halves
Fisher Whole Natural Almonds
(With nuts)
Planters Macadamias
Mauna Loa Dry Roasted Macadamias
Blue Diamond Almonds on the go
Blue Diamond Whole Natural Almonds
Great Value Whole Natural Almonds
Great Value Dry Roasted & Lightly Salted Almonds
Bigs Simply Salted Pumpkin Seeds
Great Value Lightly Salted Shelled Pistachios
Great Value Natural Walnut Halves & Pieces
Emerald 100 Calorie Packs of Natural Almonds
Emerald 100 Calorie Packs of Dry Roasted Almonds

Other

Whisps, usually near the deli department
Great Value Fried Pork Skins, in chip aisle
Sam's Choice Everything but the Bagel Seasoning Blend (with spices in the baking aisle)
Rapid Fire MCT Oil (in coffee aisle)
Epic Bars; Beef or Venison (with granola bars)