# Basic Keto Grocery List

**Meats:**
- Bacon
- Ground Beef
- Beef
- Chicken (all cuts)
- Turkey
- Pork
- Wild Game
- Duck
- Beef Jerky
- Sausages
- Ham
- Pastrami
- Pepperoni
- Smoked Deli Meats
- Hotdogs
- Fish & Shellfish

**Eggs:**
- Eggs

**Dairy:**
- Butter (grass fed preferred)
- Heavy Cream
- Hard Cheeses
- Soft Cheeses
- Sour Cream
- Cottage Cheese
- Greek Yogurt (ck carbs)
- Mayo

**Flour:**
- Coconut
- Almond
- Psyllium Husk

**Veggies:**
- Artichokes
- Asparagus
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Garlic
- Green Beans
- Kale
- Lettuce
- Mushrooms
- Okra
- Onion
- Peppers
- Pumpkin
- Radishes
- Sauerkraut
- Spinach
- Tomatoes
- Zucchini

**Fats:**
- Avocado Oil
- Coconut Oil
- Olive Oil
- MCT Oil
- Ghee
- Lard
- Bacon Fat
- Cocoa Butter

**Fruits:**
- Avocados
- Berries
- Lemon
- Lime
- Coconut (unsweetened)

**Nuts & Seeds:**
- Pecans
- Almonds
- Walnuts
- Macadamias
- Peanuts (personal choice)
- Sunflower Seeds
- Chia Seeds
- Flaxseeds
- Pumpkin Seeds

**Unsweetened Nut Butters:**
- Almond Butter
- Macadamia Nut Butter
- Coconut Butter
- Peanut Butter (personal choice)

**Pantry Items:**
- Pork Rinds
- Chicken Broth
- Beef Broth
- Bone Broth
- Xanthan Gum
- Herbs & Spices
- Tabasco
- Salad Dressings (low carb varieties)
- Braggs Aminos or Coconut Aminos
- Baking Cocoa Powder
- Sweetener Options - Swerve Granulated, Swerve Confectioners,
- Stevia, Erythritol,
- Monk Fruit, Truvia, Xylitol
- 100% Unsweetened Chocolate
- Lily's Choc Chips
- Pickles
- Parchment Paper

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