

KETO SHOPPING 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:

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Dairy:

Butter (grass fed preferred)
Heavy Cream
Hard Cheeses
Soft Cheeses
Sour Cream
Cottage Cheese
Greek Yogurt (low carb)
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 (your choice)
Sunflower Seeds
Chia Seeds
Flaxseeds
Pumpkin Seeds

Unsweetened Nut Butters:

Almond Butter
Macadamia Nut Butter
Coconut Butter
Peanut Butter (your choice)

Pantry Items:

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

Kasey Trenum

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