

Keto Grocery List

Produce

- * Zucchini
- * Cabbage
- * Mushrooms
- * Bell Peppers
- * Broccoli
- * Celery
- * Cauliflower
- * Lettuce
- * Kale
- * Spinach
- * Tomatoes
- * _____
- * _____
- * _____
- * _____
- * _____
- * Raspberries
- * Blackberries
- * Avocados
- * Cranberries
- * Strawberries
- * Lemons
- * Green Olives
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Condiments

- * Mayo
- * Keto Garlic Mustard
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Meats & Fish

- * Chicken
- * Beef
- * Pork
- * Turkey
- * Shrimp
- * Salmon
- * Tuna
- * Mackerel
- * Crab
- * Tilapia
- * Trout
- * Cod
- * Scallops
- * Clams
- * Lobster
- * Mussels
- * Oysters
- * Squid
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Cheeses

- * Cheddar
- * Parmesean
- * Feta
- * Swiss
- * Brie
- * Bleu Cheese
- * Monterey Jack
- * Mozzarella
- * Cream cheese
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Dairy Foods

- * Unsweetened Almond Milk
- * Coconut Cream
- * Unsweetened Coconut Milk
- * Greek Yogurt
- * Heavy Cream
- * Sour Cream (full fat)
- * Soy Milk (unsweetened)
- * Whipped Cream
- * Grass Fed Butter
- * Full fat yogurt
- * Mayonnaise
- * Eggs
- * _____
- * _____
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Fats & Oils

- * Almond Butter
- * Avocado Oil
- * Butter
- * Cocoa Butter
- * Coconut Oil
- * Fish Oil
- * Flax Seed Oil
- * Grape Seed Oil
- * Hemp Seed Oil
- * Macadamia Oil
- * MCT Oil
- * Olive Oil
- * Walnut Oil
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Nuts & Seeds

- * Sunflower
- * Chia
- * Flaxseeds
- * Pumpkin
- * Almonds
- * Cashews
- * Coconuts
- * Peanuts
- * Walnuts
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Pantry Items

- * Almond Flour
- * Coconut Flour
- * Flaxseed Meal
- * Keto Pancake Mix
- * Monkfruit Sweetener
- * Almond Meal
- * Splenda
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Miscellaneous

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