

Sam's Club

Keto Shopping List

BAKING & COOKING

- Bob's Red Mill Almond Flour
- Coconut Oil
- Peanut Butter Powder
- Almond Butter
- Spices
- Erythritol
- Chia Seeds
- Hershey's Cocoa Powder
- Avocado Oil
- Olive Oil

MEATS & FISH

- Rotisserie Chicken
- Salami
- Turkey Sausage
- Angus Beef Patties with Asiago Cheese & Applewood Bacon
- Lunchmeat
- Member's Mark Real Crumbled Bacon
- Hormel Microwave Bacon
- Member's Mark Seasoned Pulled Chicken
- Member's Mark Seasoned Pulled Pork
- Jennie-O Ground Turkey
- Chicken
- Tyson Blackened Chicken Herb Strips
- Steak
- Pork Chops
- Eckrich Sausage
- Ball Park Hot Dogs
- Canned Chicken Breast
- Shrimp
- Salmon
- Starkist Tuna
- Tilapia

DAIRY

- Unsalted Butter
- Philadelphia Cream Cheese
- String Cheese
- Unsweetened Almond Milk
- Eggs
- Heavy Whipping Cream
- Half & Half

- Babybel Cheese
- Cheese Slices or Block Cheese
- Sour Cream
- Kerrygold Butter

BEVERAGES

- Water
- Gatorade Zero
- LaCroix Sparkling Water
- Ground Coffee or Kcups
- Zipfizz
- Premier Protein Drinks

FRUITS & VEGETABLES

- Green Beans
- Broccoli
- Cucumbers
- Bell Peppers
- Avocados
- Cauliflower Rice
- Mushrooms
- Grape Tomatoes
- Romaine Lettuce
- Asparagus
- Celery
- Kale
- Berries (Raspberries, Strawberries, Blueberries, Blackberries)

SNACKS

- Olives
- Parmesan Crisps
- Pickles
- Fiorucci Panino Hard Salami Wrapped
- Utz Pork Rinds
- Hormel Pepperoni
- Jack Links Beef Steak

CONDIMENTS

- Frank's Red Hot Sauce
- Tabasco Sauce
- Pace Salsa
- Hellman's Real May