Keto Grocery List for Beginners

□ Almond Flour □ Coconut Oil □ Lakanto Monk Fruit Classic □ Lakanto Powered □ Xanthan Gum □ Unsweetened Cocoa Powder □ Lily's Baking Chips □ Avocado Oil □ Olive Oil □ Vanilla Extract	UITS & VEGETABLES Green Beans Broccoli Cucumbers Bell Peppers Avocados Cauliflower
□ Lakanto Monk Fruit Classic □ Lakanto Powered □ Xanthan Gum □ Unsweetened Cocoa Powder □ Lily's Baking Chips □ Avocado Oil □ Olive Oil □ Vanilla Extract	Green Beans Broccoli Cucumbers Bell Peppers Avocados
□ Lakanto Monk Fruit Classic □ Lakanto Powered □ Xanthan Gum □ Unsweetened Cocoa Powder □ Lily's Baking Chips □ Avocado Oil □ Olive Oil □ Vanilla Extract	Green Beans Broccoli Cucumbers Bell Peppers Avocados
□ Xanthan Gum □ B □ Unsweetened Cocoa Powder □ C □ Lily's Baking Chips □ B □ Avocado Oil □ B □ Olive Oil □ C □ Vanilla Extract □ B	Broccoli Cucumbers Bell Peppers Avocados
Unsweetened Cocoa Powder Lily's Baking Chips Avocado Oil Olive Oil Vanilla Extract	Cucumbers Bell Peppers Avocados
☐ Lily's Baking Chips ☐ Avocado Oil ☐ Olive Oil ☐ Vanilla Extract	Bell Peppers Avocados
☐ Avocado Oil ☐ Olive Oil ☐ Vanilla Extract	Avocados
☐ Olive Oil ☐ Vanilla Extract	
□ Vanilla Extract □ I	Cauliflower
	Blueberries
	Grape Tomatoes
MEATS & FISH	Romaine Lettuce
□ Chicken	Asparagus
□ Beef Jerky	Celery
□ Sausage	Zucchini
□ Bacon □ (Garlic
□ Deli Meats	Lettuce
□ Pepperoni	Raspberries
□ Steak	Onions
□ Pork Chops	Strawberries
Charing a	ACKC
□ Salmon	ACKS
□ Canned Tuna □ C	Olives
□ Tilapia □ 0	Cheese Crisps
□ Hamburger □ F	Pickles
□ Nathan's Hot Dogs	Rebel Ice Cream
	Pork Rinds
DAIRY	Walnuts
□ Unsalted Butter	Peanuts
□ Cream Cheese	Almonds
	Pecans
□ I Incurational Almond Milk	NIDIMENITO O MICO
	NDIMENTS & MISC
	Pork Rind Crumbs
□ !	Sugar Free Ketchup
\sqcap .	Sir Kensington Mayo
	Natural Peanut Butter
	Ghee
BEVERAGES	Bone Broth
	Spices
□ Vvalei □ I □ Gatorade Zero	Low Carb Salad Dressing
 □ Cream Cheese □ String Cheese □ Unsweetened Almond Milk □ Eggs □ Heavy Whipping Cream □ Babybel Cheese □ Co □ Go □	Pecans NDIMENTS & MISC Pork Rind Crumbs Sugar Free Ketchup Sir Kensington Mayo Natural Peanut Butter

LaCroix Sparkling Water