

Keto Grocery List for Beginners

BAKING & COOKING

- 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

MEATS & FISH

- Chicken
- Beef Jerky
- Sausage
- Bacon
- Deli Meats
- Pepperoni
- Steak
- Pork Chops
- Shrimp
- Salmon
- Canned Tuna
- Tilapia
- Hamburger
- Nathan's Hot Dogs

DAIRY

- Unsalted Butter
- Cream Cheese
- String Cheese
- Unsweetened Almond Milk
- Eggs
- Heavy Whipping Cream
- Babybel Cheese
- Cheese Slices or Block Cheese
- Sour Cream

BEVERAGES

- Water
- Gatorade Zero
- LaCroix Sparkling Water

- Coffee
- Bubbly

FRUITS & VEGETABLES

- Green Beans
- Broccoli
- Cucumbers
- Bell Peppers
- Avocados
- Cauliflower
- Blueberries
- Grape Tomatoes
- Romaine Lettuce
- Asparagus
- Celery
- Zucchini
- Garlic
- Lettuce
- Raspberries
- Onions
- Strawberries

SNACKS

- Olives
- Cheese Crisps
- Pickles
- Rebel Ice Cream
- Pork Rinds
- Walnuts
- Peanuts
- Almonds
- Pecans

CONDIMENTS & MISC

- Pork Rind Crumbs
- Sugar Free Ketchup
- Sir Kensington Mayo
- Natural Peanut Butter
- Ghee
- Bone Broth
- Spices
- Low Carb Salad Dressing