

Keto Shopping List

OILS

Avocado oil
Avocado
MCT oil
Coconut oil
Extra virgin olive oil
Ghee
Sesame oils

PROTEIN

Bacon
Eggs
Chicken
Salmon
Tuna
Ground beef
Beef
Smoked meat
Turkey
Lamb
Quail
Duck
Goose
Canned fish in water, and
not in vegetable oil
Clams
Squid
Oysters
Octopus

NUTS & SEEDS

Almonds
Macadamias
Walnuts
Pecans
Pistachios
Hazelnuts
Brazil nuts
Chia seeds
Sesame seeds
Sunflower seeds
Hemp seeds
Flax seeds
Pumpkin seeds

FRUITS

Raspberries
Blackberries
Strawberries
Tomatoes
Avocados
Lemons (think a glass of
lemon water when you
wake up)
Lime
Rhubarb

DAIRY

Cottage cheese
Heavy whipping cream
Gouda cheese
Parmesan cheese
Cream cheese
Feta cheese
Cheddar cheese
Bleu cheese
Mozzarella cheese
Swiss cheese
Grass fed butter
Heavy cream
Ricotta cheese
American cheese

VEGETABLES

Spinach
Brussel sprouts
Asparagus
Broccoli
Cauliflower
Kale
Cucumber
Zucchini
Peppers
Celery
Green beans
Green peas

WHAT NOT TO EAT ON A KETO DIET

Sodas
Fruit juices
Energy drinks
Alcohol
Cake
Breakfast cereals
Whole grains
Potatoes
Bread

Sweets
Legumes such as kidney
beans and lentils
Fruits other than the ones
listed above
Honey
Vitamin and flavoured water
Pasta
Rice

Don't ever substitute butter
with margarine, these two
aren't the same. Avoid
margarine at all costs.