



# Keto Diet Shopping List

You are going to want to look for high-fat foods like cheese and certain meats, as well as anything you can snack on that has little to no carbohydrates or sugar.

## **Keto Friendly Meats & Proteins**

- 1lb Grass Fed Ground Beef
- 2lb Free-Range Chicken Thighs
- 2 dozen Free-Range Eggs
- 2 Salmon Filets

## **Keto Friendly Fats & Dairy**

- 2 Sticks Grass-Fed Butter
- 1 Bottle Avocado Oil
- 16oz Cup Cream Cheese
- 1 Carton Almond Milk
- 2 Pints Heavy Whipping Cream
- 16oz Shredded Parmesan
- 6oz Blue Cheese Wedge
- 8oz Mild Cheddar Cheese Block
- 24oz Tub Cottage Cheese
- 1 Package Mozzarella Cheese Sticks

## **Keto Friendly Snacks**

- Sugar-Free Beef Jerkey
- Pre-Made Salads
- Avocados / Guacamole
- Sugar-Free Peanut Butter
- Dill Pickle Spears
- Pork Rinds
- Quest Low-Carb Chips
- Almonds

## **Keto Friendly Drinks**

- Purified Water
- Sugar-Free Sports Drink
- Sugar-Free Lemonade

## **Keto Friendly Desserts**

- Sugar-Free Jello
- Sugar-Free Whipped Cream
- Gluten-Free Cookies
- Sugar-Free Dark Chocolate