

Low Carb/Keto Grocery Shopping List

Fresh Produce

- Spinach
- Broccoli
- Cauliflower
- Zucchini
- Brussels sprouts
- Asparagus
- Avocado
- Guacamole in snack sizes
- Green beans
- Kale
- Celery
- Romaine lettuce
- Lemons and limes
- Tofu

Meats

- Sausages
- Bacon
- Pork
- Ground meat
- Steak
- Roast beef
- Pastrami
- Pepperoni
- Salami
- Turkey
- Chicken - rotisserie, raw
- Fish - salmon, cod, trout
- Other seafood - shrimp, scallops
- Canned meat - tuna, salmon, sardines

Dairy & Eggs

- Heavy whipping cream
- Butter
- Plain cream cheese
- Sour cream
- Eggs
- Any variety of cheese - sliced, snack sized, blocks, shredded
- Almond & coconut based drinks

Center Aisles

- Roasted almonds
- Macadamia nuts
- Pumpkin seeds
- Pickles
- Olives - kalamata, pimiento stuffed
- Almond flour
- Coconut flour
- Low carb sweetener - erythritol
- Spices - garlic powder, cumin, paprika, oregano, cayenne, cinnamon, taco seasoning
- Flavor extracts - vanilla, mint, orange, lemon
- Condiments - soy sauce, sriracha, mayonnaise, Dijon mustard
- Vinegar - white, balsamic, apple cider
- Baking powder and baking soda
- Olive oil
- Coconut oil
- Pork rinds
- Coffee, tea, sparkling water
- >90% dark chocolate