



KETO DIET

SHOPPING LIST

Net Carbs and fat based on 100g Amount
(Unless otherwise stated)

VEGETABLES



	NC	F		NC	F
Asparagus	2	.1	Lettuce	2	.2
Broccoli	6	.5	Mushrooms	3	.3
Brussel Sprouts	5	.3	Onions	7	.1
Cabbage	3	.1	Pepper	6	.2
Cauliflower	3	.3	Radish	2	.1
Celery	1	6	Spinach	1	.4
Cucumber	3	.1	Zucchini	2	.3
Kale	8	1			

FRUIT



Avocado	2	15	Raspberries	5	.7
Blackberries	6	.7	Strawberries	6	.3
Blueberries	12	.3	Tomatoes	3	.2

CONDIMENTS



These Amounts are measured in 1 tbs...

Mayonaise	.1	10	Bals. Vinegar	3	0
Mustard	.3	.5	Coconut Oil	0	14
Olive Oil	0	14	Flaxseed Oil	0	14
Himalayan Salt	0	0	Hot Sauce	0	0
MCT Oil	0	14	Ranch	1	8

CANNED FOODS



Olives	.5	15	Sardines	0	11
Pickles	1	.2	Tuna Packets	0	.5

DRINKS



Almond Milk (c)	0	3	Coffee	0	0
Bone Broth (c)	.6	.5	Tea	.4	0
Bouillon (t)	2	.5			

SNACKS



	NC	F		NC	F
Pork Rinds	0	31	Pumpkin Seeds	36	19
Peanuts	7	49	Peanut Butter	13	53
Almonds	10	49	Almond Butter	9	56
Walnuts	7	65	Cheese Crisps	5	33
Macadamia Nuts	5	76	Dark Chocolate	30	43
Brazil Nuts	4	66			

MEATS/PROTEIN



Bacon	1	42	Salami	2	26
Chicken Thighs	0	8	Salmon	0	13
Deli Meat	2	32	Sausage	2	27
Eggs	1	11	Steak	0	19
Grass-Fed Beef	0	6	Summer Sausage	2	38
Ham	2	6	Tofu	2	5
Mackerel	0	25	Tuna	0	6
Pepperoni	0	44			

DAIRY



American Cheese	4	32	Heavy Cream (oz)	1	11
Blue Cheese	2	29	Parmesan Cheese	4	29
Butter (1 tbs)	0	12	Provolone Cheese	2	27
Cheddar Cheese	1	33	Sour Cream	3	20
Colby J. Cheese	2	32	String Cheese	4	21
Cream Cheese	4	34	Swiss Cheese	5	28
Ghee (1 tbs)	0	13			

FLOURS/POWDERS



These Amounts are measured in 1 serving...

Almond Flour	1	7	Protein Powder	3	1
Coconut Flour	2	2	Psyllium Husk	1	1

