

# KETO GROCERY LIST

## Protein

Chicken  
Salmon  
Pork  
Steak  
Ground Beef  
Tuna  
Eggs  
Shrimp  
Turkey

## Vegetables

Cauliflower  
Broccoli  
Zucchini  
Cucumber  
Radishes  
Bell Peppers  
Squash  
Olives  
Asparagus  
Spinach  
Lettuce

## Fruits

Raspberries  
Blackberries  
Blueberries  
Strawberries  
Avocado



## Fats

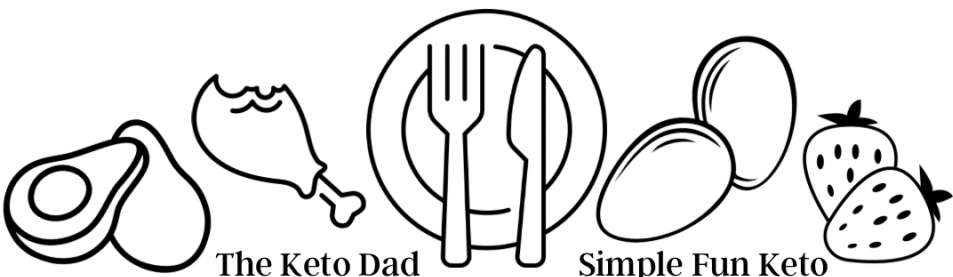
Butter  
Coconut Oil  
MCT Oil  
Avocado Oil  
Olive Oil

## Dairy

Full Fat Yogurt  
Greek Yogurt  
Sour Cream  
Cottage Cheese  
Cream Cheese  
Heavy Cream

## Snacks

Nuts  
Pork Rinds  
Cheese Sticks  
Jerky



The Keto Dad

Simple Fun Keto