

# Keto Shopping List

[www.jenniferbanz.com](http://www.jenniferbanz.com)

## *Veggies*

Spinach  
Salad Mix  
Cauliflower  
Broccoli  
Asparagus  
Celery  
Cucumber  
Green Beans  
Eggplant  
Lemons  
Limes  
Mushrooms  
Peppers  
Spaghetti Squash  
Zucchini  
Squash  
Kale

## *Fruit*

*(eat in moderation)*

Strawberries  
Blueberries  
Raspberries

## *Meats*

Ground Beef  
Steaks  
Chuck Roast  
Boneless Skinless Chicken Thighs  
Bacon  
Pork Chops  
Pork Roast  
Sausage  
Shrimp  
Salmon  
Cold Cuts

## *Dairy (Full Fat)*

Eggs  
Butter  
Heavy Whipping Cream  
Half and Half  
Sour Cream  
Blue Cheese  
Ricotta Cheese  
Shredded Mozzarella  
Shredded Cheddar  
Swiss Cheese  
Cream Cheese  
Parmesan Cheese  
All full fat cheese

## *Pantry*

Macadamia Nuts  
Pecans  
Hazelnuts  
Sunflower Seeds  
Almonds  
Peanuts  
Almond Flour  
Coconut Flour  
Baking Powder  
Cooking Spray  
Coconut Oil  
Olive Oil  
Coffee  
Tea  
Mayo  
Olives  
Cocoa Powder  
All Spices  
Sugar free sweeteners  
*Convenience Foods*  
*(Check Carb Counts)*  
Almond Butter  
Peanut Butter  
Dark Chocolate 85%+  
Pork Rinds  
Jerky