

# SIMPLE KETO SHOPPING LIST

## VEGETABLES & FRUIT

- Artichokes
- Asparagus
- Avocado
- Blueberries
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Celery
- Coconuts
- Collard Greens
- Eggplant
- Garlic
- Green Beans
- Kale
- Lemons
- Leeks
- Lettuce
- Limes
- Mushrooms
- Onions
- Peppers
- Pumpkin
- Radishes
- Rhubarb
- Rutabagas
- Shallots
- Spinach
- Tomatoes
- Turnips
- Turnips
- Zucchini

## PROTEIN

- Beef
- Bison
- Chicken
- Crab
- Edamame
- Eggs
- Elk
- Fish
- Ham
- Lobster
- Ostrich
- Pork
- Scallops
- Shrimp
- Turkey
- Venison

## FATS

- Almonds
- Avocado Oil
- Brazil Nuts
- Cashews
- Chia Seeds
- Coconut Oil
- Olive Oil
- Flax Seeds
- Flax Seed Oil
- Hazelnuts
- Hemp Seeds
- Heavy Cream
- Peanuts
- Pecans
- Pistachios
- Pumpkin Seeds
- Red Palm Oil
- Sesame Seeds
- Sunflower Seeds
- Walnuts

## OTHER

- Coffee
- Dark Chocolate
- MCT Oil
- Tea
- Whey Protein
- Zevia

You'll find other keto-acceptable snack foods and bars, but the bulk of your food should come from the list above.