

Basic Keto Grocery List

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| <p>Produce</p> <ul style="list-style-type: none">● mushrooms● garlic● green cabbage● green onions● white onion● red bell pepper● spinach● romaine or leaf lettuce● cherry tomatoes● avocado● Lime <p>Snacks</p> <ul style="list-style-type: none">● Almonds● String Cheese● Sliced Avocado● Unsweetened Beef Jerky● Pork Rinds● Olives● Kale Chips | <p>Proteins</p> <ul style="list-style-type: none">● boneless, skinless chicken breasts● ground beef● breakfast sausage● Bacon <p>Nuts and Seeds</p> <ul style="list-style-type: none">● Almonds● Chia Seeds● Hemp Seeds● Almonds <p>Eggs and dairy</p> <ul style="list-style-type: none">● cream cheese● eggs● plain, whole-milk yogurt● bleu cheese● salted butter● GrassFed Butter● Ghee● Heavy Cream● Almond Milk● Cottage Cheese● Sour Cream● String Cheese● Mozzarella Cheese● Cheddar Cheese | <p>Pantry staples</p> <ul style="list-style-type: none">● chicken broth● coconut cream● almond flour● soy sauce● vanilla extract● cocoa powder● monk fruit extract● almond butter <p>Spices & Oils</p> <ul style="list-style-type: none">● garlic powder● salt● pepper● ground ginger● cinnamon <p>Oils</p> <ul style="list-style-type: none">● coconut oil● sesame oil● sesame seeds● avocado oil● olive oil |
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