

# 2018 KETO BEGINNER GROCERY LIST

Great choice for our health goals is keto diet and beginning to understand it has many benefits for exercise, weight loss and mental performance. In this list we have foods that are keto approved and are good for your new diet plan and way of eating. Here's the KETO BEGINNER GROCERY LIST.

## MEATS ON KETO DIET

Meat is one of the best foods to eat on a ketogenic diet. When buying meats, you want to try and get those with a good fat content. Be careful with processed meats ( sausage, bacon and luncheon meat) they might contain added flavors, seasoning and sugars.

- Ground Beef
- Elk
- Bratwurst
- Hot Dogs
- Ground Pork
- Shrimp
- Lamb Chops
- Chuck Roast
- Ribeye Steak
- Chicken Thighs
- Chicken Breasts
- Whole Chickens
- Duck
- Breakfast Sausage
- Bacon
- Kielbasa
- Pork Loin
- Pork Ribs

- Ground Pork
- Ham Steaks
- Pork Steaks
- Ground Lamb
- Venison
- Buffalo
- Salmon
- Tuna
- Trout
- Luncheon Meats
- Pepperoni

## **FRUITS &VEGETABLES ON THE KETO DIET**

We wrote about low carb vegetables. Almost all fruits are non-compliant because they're very high in sugar and carbs, but the last four in this list are lower-sugar. Here we have mixed list with fruits and vegetables that are keto approved.

- Broccoli
- Parsley
- Eggplant
- Mushrooms
- Cauliflower
- Cabbage
- Bell Pepper
- Cucumbers
- Lettuce
- Onions
- Garlic
- Scallions
- Sprouts
- Spaghetti Squash
- Summer Squash
- Zucchini
- Avocados
- Blueberries

- Blackberries
- Raspberries
- Strawberries

## **DAIRY ON THE KETO DIET**

Only certain types of dairy can be enjoyed on the keto diet.

- Heavy Cream
- Cream Cheese
- Sour Cream
- Butter
- Hard Cheeses
- Fermented milks ( yogurt or kefir )

## **FATS AND OILS ON THE KETO DIET**

Knowing what fats and oils to use is of vital importance! Using the wrong kind of oil or fat can do more harm than good.

- Avocado Oil
- Olive Oil
- Grapeseed Oil
- Coconut Oil
- Sesame Oil

## **MISCELLANEOUS**

Here are a few other items you will need.

- Peanut Butter
- Sunflower Butter
- Aluminum free baking powder
- Shiratake noodles
- Cider Vinegars
- Almond Butter
- Nuts, Seeds
- Sweeteners: stevia, splenda

- Chicken Stock
- Sugar-Free Pickles, relish, etc.
- Pickle Juice
- Mustard
- Salsa/Hot Sauce
- Sugar-Free Salad Dressings
- Full-Fat Ranch
- Beef Jerky
- Olives
- Pork Rinds
- Nut Flours for baking
- No Sugar Added Sauces (tomato sauce, bbq sauce, etc)