

The Ultimate Ketogenic Grocery List

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Proteins

- Bacon (make sure it hasn't got added carbs)
- Eggs
- Pork Meat (great for roasts)
- Salmon
- Trout
- Tuna
- Ground Beef
- Steaks
- Lamb
- Sausages
- Shell Fish (crabs, lobster, shrimp, scallops, etc...)
- Pre-Cooked Meats (Carnitas, pulled pork, etc...)
- Deli Meats like salami (watch out for the carbs, some may contain honey and other high carb ingredients)
- Chicken (preference for thighs and roasted)
- Duck
- Turkey
- Squid
- Kielbasa and other smoked sausages

Vegetables

- Lettuce
- Kale (higher in carbs, be careful)
- Broccoli
- Cauliflower
- Onion
- Green Onion
- Bell Peppers

- Hot Peppers
- Spinach
- Mushrooms
- Celery
- Asparagus
- Cucumber
- Zucchini
- Bamboo Shoots
- Chard
- Arugula
- Bok Choy
- Okra
- Fennel
- Olives
- Eggplant
- Raddish

Dairy

- Heavy Cream (great substitute for milk in some recipes)
- Sour Cream (excellent for sauces and dips)
- Cream Cheese
- Butter (clarified is better)
- Hard Cheeses (parmesan, cheddar, etc...)
- Soft Cheeses (muenster, farmer, etc...)
- Greek Yogurt (unsweetened or find stevia sweetened yogurts)

Baking Goods

- Coconut Flour
- Almond Flour
- Truvia
- Stevia

- Heavy Cream
- Unsweetened Chocolate
- Cocoa Powder
- Stevia, truvia and other artificial sweeteners
- Whey Protein
- Broth
- Gelatin (plain)
- Peanut Oil
- Coconut Oil

Fruits

- Avocado (this one you can consume more freely)
- Raspberries
- Blackberries
- Blueberries
- Lemon
- Lime

More Cooking Ingredients

- Herbs and Spices (excellent for your soups and roasts)
- Mayonnaise
- Salsa
- Lemon Juice
- Pork Rinds (great for snacking)
- Beef Jerky (careful with the flavored types they may contain added sugars)
- Unsweetened Nut Butters
- Sugar Free Dill Pickles and Relish
- Cider and Vinegar
- Hot Sauces
- Mustard
- Proscuitto
- Extracts (vanilla, lemon, almond, etc...Remember to avoid sugar)

- Sesame Oil (awesome with stir fry)

Alcoholic Beverages

- Gin (buy diet tonic and you can make your own carb free gin and tonic)
- Vodka
- Scotch
- Rum
- Tequila
- Scotch
- Whiskey
- Brandy
- Cognac
- Dry Martini (dry martini has about 1.4g of carbs)
- Champagne and Sparkling Whites (1.5g of carbs)