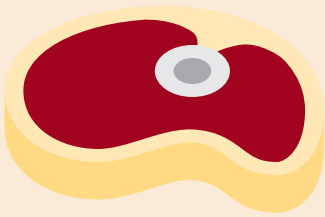


KETO DIET SHOPPING LIST

50+ KETOGENIC FOODS TO BUY
AT THE GROCERY STORE

CLEAN PROTEIN

Beef
Pork
Chicken
Turkey
Bison
Eggs
Wild fatty fish
Organic Bone Broth Protein
Marine Collagen Peptides
Organic Grass-fed Whey Protein
Grass-fed Collagen Peptides



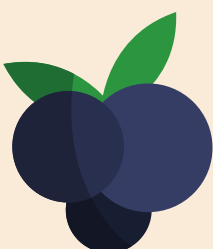
NUTS & SEEDS

Almonds
Cashews
Macadamia nuts
Brazil nuts
Pecans
Walnuts
Chia seeds
Flax seeds
Pumpkin seeds
Sesame seeds



BERRIES

Strawberries
Blackberries
Raspberries
Blueberries



HEALTHY FATS

MCT oil or MCT Creamer
Pastured butter
Coconut oil
Avocados
Avocado oil
Olives
Olive oil



HIGH-QUALITY DAIRY

Cheese
Cream cheese
Heavy cream
Butter
Mascarpone



LOW-STARCH VEGGIES

Lettuce
Spinach
Arugula
Chard
Kale
Cauliflower
Broccoli
Squash
Asparagus
Mushrooms
Cucumber
Celery
Cabbage

