



# A GUIDE TO SHOPPING FOR THE KETO DIET

## Bonus shopping list

### PRODUCE

#### IDEAL

- Arugula
- Kale
- Avocado
- Spinach
- Cabbage
- Endive
- Bok choy
- Asparagus
- Broccoli
- Cauliflower
- Celery

#### GOOD

- Bell peppers
- Cucumbers
- Tomato
- Zucchini
- Eggplant
- Artichokes
- Raspberries
- Blueberries
- Blackberries
- Strawberries

### MEAT

#### IDEAL

- Grass-fed beef
- Pasture-raised chicken
- Pasture-raised pork
- Lamb
- Veal

#### GOOD

- Ground beef
- Ground turkey
- Ham
- Bacon
- Sausage

### FISH

#### IDEAL

- Salmon
- Tuna
- Mackerel
- Trout
- Shrimp
- Lobster
- Crab

#### GOOD

- Cod
- Mahi mahi
- Tilapia
- Clams
- Mussels
- Oysters
- Scallops
- Sardines
- Anchovies

### DELI

#### IDEAL

- Turkey
- Chicken
- Ham
- Sliced cheeses (swiss, provolone, cheddar, etc.)
- Olives

#### GOOD

- Pepperoni
- Salami
- Pastrami
- Corned beef
- Prepared salads like tuna, chicken and egg salads

### DAIRY

#### IDEAL

- Eggs
- Butter
- Ghee
- Hard cheeses (parmesan, feta, etc.)
- Soft cheeses (mozzarella, brie, etc.)
- Whipping cream

#### GOOD

- Cottage cheese
- Sour cream
- Cream cheese
- Greek yogurt
- Plain yogurt
- Ricotta cheese

### DRY GOODS

#### IDEAL

- Pork rinds
- Brazil nuts
- Macadamia nuts
- Pecans
- Chia seeds
- Almond flour
- Coconut flour
- Almond butter
- Seasonings (cinnamon, cumin, cayenne powder, etc.)
- Mayonnaise
- Mustard
- Ranch dressing

#### GOOD

- Beef jerky
- Cheese crisps
- Sunflower seeds
- Sunflower seed butter
- Cashew butter