

Keto Grocery List

Commonly used ingredients that will be handy to have at home!

Main Dish

- Eggs
- Zucchini (whole and noodles)
- Cauliflower (whole and rice)
- Pre-packaged frozen mixed veggies
- Skinless, boneless chicken breasts
- Green Onion or Chives
- Garlic
- Lean Ground Beef
- Steak
- Fish
- Ground Turkey
- Romaine Lettuce Head
- Lemons
- Limes

Condiments, Seasonings & More

- Follow Your Heart Vegan Butter
- Olive Oil
- Broth (Bone, Chicken, Vegetable)
- Protein Powder
- Salt & Pepper
- Mustard
- Basil
- Stevia Liquid Sweetener
- Braggs Liquid Aminos
- Coconut Oil
- Apple Cider Vinegar
- Almond Flour
- Coconut Flour
- Chili Powder
- Rosemary
- Canned Coconut Milk