

Keto Shopping List

Easy Keto Meal Plan for Beginners



Meat, Fish & Eggs

- Sirloin steak 1 1/2 lb
- Ground beef 1 lb
- Chicken thighs (bone in) 6
- Whole rotisserie chicken
- Salmon filet 1 1/2 lb
- Pork chops, 4 medium
- Bacon 1 to 2 lb
- Eggs 1 1/2 dozen

Dairy

- Butter 2 lb
- Heavy whipping cream 1 pint
- Shredded mozzarella 6 ounces
- Parmesan 1 ounce
- Cheddar 12 ounces
- Ricotta 8 ounces

Canned/Jarred Goods

- Almond milk 1 quart
- Avocado oil 1 bottle
- Chicken broth 2 quarts
- Coconut milk 1 can
- Coconut oil 1 jar
- Diced tomatoes 14.5 oz
- Sesame oil 1 bottle
- Tamari/Soy Sauce 1 bottle

Fresh Produce

- Avocado 1 to 2
- Broccoli 1 bunch
- Brussels sprouts 1/2 lb
- Cauliflower 2 medium heads
- Cilantro 1 bunch
- Garlic 1 head
- Lemon 1
- Mushrooms 1 lb
- Onion 1 medium
- Parsley 1 bunch
- Red Pepper 1
- Sage 1 bunch

Baking

- Almond flour 2 lb
- Baking powder 1 can
- Chopped pecans 8 oz
- Coconut flour 1lb
- Shredded coconut 1 lb
- Sugar-free chocolate chips 1 pk
- Sugar-free dark chocolate 4 oz
- Swerve Granular 1 lb
- Swerve Confectioners 1 lb
- Vanilla extract
- Peppermint extract

Spices

- Cayenne
- Cinnamon, ground
- Coriander, ground
- Cumin, ground
- Ginger, ground
- Salt
- Pepper
- Paprika
- Red pepper flakes
- Taco seasoning

Frozen

- Riced cauliflower 12 ounces
- Frozen chopped broccoli 8 ounces

Miscellaneous

- Cocoa butter (optional)
- Collagen peptides
- Matcha/Green tea powder
- Sesame Seeds

Additional items to consider

- Salad makings
- Salad dressing
- Sugar-free maple syrup
- Nuts for snacking
- Cheese for snacking
- Salami for snacking
- Pork rinds
- More avocado
- More cauliflower rice
- More low carb veggies for snacking and sides

