

PRINTABLE KETO FOOD LIST

Meats

Beef
Ground Beef
Pork Chops
Chicken
Turkey

Fish

Salmon
Cod
Halibut
Shrimp
Tuna
Tilapia
Lobster
Crab

Beverages

Milk
Almond Milk
Water
Tea
Coffee

Dairy

Butter
Cheese (Cheddar,
Cottage, Parmesan, Brie,
Blue, Feta, Mozzarella)
Ghee
Eggs
Sour Cream

Baking Goods

Olive Oil
Coconut Oil
MCT Oil
Chia Seeds
Hemp Seeds
Almond Flour
Coconut Flour
Cocoa Powder
Salt/Sea Salt

Snacks

Peanuts
Quest Bars
Costco Protein
Bars
Peanuts
Almonds

Cashews (small
amounts)

Fruits

Avocado
Raspberries
Blueberries

Vegetables

Asparagus
Broccoli
Cabbage
Cauliflower
Celery
Cucumbers

Green Beans
Lettuce
Kale
Mushrooms
Peppers
Spinach
Zucchini

Sweeteners

Erythritol
Swerve
Truvia
Stevia

Keto Wiz Presents
The Printable Keto Grocery List
For Keto Meal Planning and
Keto Snacks