

# KETO DIET

## Grocery List

by craft-mart.com

EAT ANYTIME FOODS (with appr. 0 to 3 net carbs (...)) by craft-mart.com

### Healthy Fats (0 carb)

- Butter, grass-fed (0)
- Ghee (0)
- Chicken Fat (0)
- Avocado Oil (0)
- Coconut Oil (0)
- Duck Fat (0)
- Flaxseed Oil (0)
- Walnut Oil (0)
- Macadamia Oil (0)
- Red Palm Oil (0)
- Coconut Oil (0)
- Olive Oil (0)

### Meats (0 carb)

- Beef, grass-fed (0)
- Chicken (0)
- Lamb (0)
- Bacon (0.1)
- Pork (1)
- Turkey Meat (0)
- Salmon (0)
- Talapia (0)
- Cod (0)
- Soup Bones (broth) (0)
- Organ Meats (0)
- Beef Liver (0)

### Leafy Greens (1 - 2 carb)

- Spinach (1)
- Kale (2)
- Arugula (1)
- Asparagus (2)
- Chard (1)
- Mustard Greens (2)
- Chicory (2)
- Endive (1)
- Escarole (1)
- Fennel ( )
- Romaine Lettuce (2)
- Collards (2)

### Vegetables & Fresh Herbs

- Broccoli (4)
- Bok Choy (1)
- Brussels Sprouts (5)
- Cauliflower (4)
- Celery (1)
- Cucumbers (3)
- Avocado (2)
- Zucchini (3)
- Rosemary (0)
- Sage (0)
- Thyme (0)
- Oregano (1)
- Mint (0)
- Stevia (fresh) (0)

### Slightly Higher Carb Veggies

- Asparagus (2)
- Radishes (2)
- Bell Peppers (4)
- Sugar Snap Peas (2)
- Jicama (1)
- Green Beans (3)
- Tomatoes (3)
- Eggplant (3)
- Cabbage (3)
- Mushrooms (2)

### Drinks (0 carb)

- Water (0)
- Sparkling Water (no sugar) (0)
- Water with lemon juice (no sugar)
- Tea (black, green) (0)
- Coffee (0)
- Tea (herbal, no caffeine) (0)

### Dairy

- Milk (full fat) (4)
- Creamer
- Heavy Cream
- Sour Cream
- Goat Milk
- Kefir
- Feta Cheese
- Parmesan Cheese
- Cream Cheese (4)
- Blue Cheese
- Brie (1)
- Cheddar (1)

### Medium Starchy Vegetables

- Artichoke (7)
- Beats (7)
- Carrots (7)
- Sweet Peas (10)
- Sweet Potatoes (11)
- Okra
- Parsnips
- Potatoes (15)

### Beans & Legumes (per serving)

- Beans (22)
- Lentils (11)
- Hummus (9)
- Edemame (3)
- Tofu (1)
- Tempeh (4)

### Nuts & Seeds (net carbs per 100g)

- Almonds (10)
- Walnuts (7)
- Hazelnuts (7)
- Pistachios (18)
- Pecans (4)
- Chia Seeds (8)
- Pine Nuts (8)
- Sunflower Seeds (11)
- Pumpkin Seeds (5)
- Almond Butter (1 tbs 3)

### Fruit & Berries (net carbs per 100g)

- Blackberries (5)
- Strawberries (6)
- Blueberries (12)
- Raspberries (5)
- Cantaloupe (12)
- Cranberries (7)
- Lemons (6)
- Limes (8)
- Grapefruit (7)
- Watermelon (8)

### Pantry (no added sugar)

- Spices
- Herbs
- Cider Vinegar
- Hot Sauce (no sugar)
- Mustard (no sugar)
- Pickles
- Soy Sauce
- Coconut Flour
- Almond Meal
- Walnut Flour
- Olives
- Beef Jerky
- Sauerkraut
- Stevia
- Unsw. Ketchup
- Salsa
- Soy Sauce
- Lemon/Lime Juice
- Cacao Nibs
- Cacao Powder

EAT OCCASIONALLY FOODS (check for carb. content per serving) by craft-mart.com

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