

## Zero Carb Keto Diet Grocery List

### Meat & poultry

- |   |  |
|---|--|
| <input type="checkbox"/> Bacon [0]        | <input type="checkbox"/> Beef [0]        |
| <input type="checkbox"/> Deli meats [0-1] | <input type="checkbox"/> Game meats [0]  |
| <input type="checkbox"/> Lamb [0]         | <input type="checkbox"/> Organ meats [0] |
| <input type="checkbox"/> Pork [0]         | <input type="checkbox"/> Poultry [0]     |

### Seafood

- |  |  |
|--|--|
| <input type="checkbox"/> Cod [0]       | <input type="checkbox"/> Flounder [0]  |
| <input type="checkbox"/> Halibut [0]   | <input type="checkbox"/> Mahi-mahi [0] |
| <input type="checkbox"/> Salmon [0]    | <input type="checkbox"/> Sardines [0]  |
| <input type="checkbox"/> Seabass [0]   | <input type="checkbox"/> Snapper [0]   |
| <input type="checkbox"/> Tilapia [0]   | <input type="checkbox"/> Trout [0]     |
| <input type="checkbox"/> Tuna [0]      | <input type="checkbox"/> Clams [0-3]   |
| <input type="checkbox"/> Crab [0-3]    | <input type="checkbox"/> Lobster [0-3] |
| <input type="checkbox"/> Mussels [0-3] | <input type="checkbox"/> Oysters [0-3] |
| <input type="checkbox"/> Shrimp [0-3]  | <input type="checkbox"/> Squid [0-3]   |

### Fats, oils

- |   |   |
|---|---|
| <input type="checkbox"/> Avocado oil [0]  | <input type="checkbox"/> Butter [0]       |
| <input type="checkbox"/> Cocoa butter [0] | <input type="checkbox"/> Coconut oil [0]  |
| <input type="checkbox"/> Lard [0]         | <input type="checkbox"/> Flaxseed oil [0] |
| <input type="checkbox"/> Olive oil [0]    | <input type="checkbox"/> Walnut Oil [0]   |

### Dairy, Eggs

- |                                   |  |
|-----------------------------------|--|
| <input type="checkbox"/> Eggs [0] | <input type="checkbox"/> Heavy cream [0.4] |
|-----------------------------------|--|

### Herbs

- |   |   |
|---|---|
| <input type="checkbox"/> Basil [0]      | <input type="checkbox"/> Chives [0.1]     |
| <input type="checkbox"/> Cilantro [0.1] | <input type="checkbox"/> Dill [0.1]       |
| <input type="checkbox"/> Mint [0.1]     | <input type="checkbox"/> Parsley [0.1]    |
| <input type="checkbox"/> Sage [0.1]     | <input type="checkbox"/> Marjoram [0.2]   |
| <input type="checkbox"/> Rosemary [0.2] | <input type="checkbox"/> Bay leaves [0.3] |
| <input type="checkbox"/> Oregano [0.3]  | <input type="checkbox"/> Tarragon [0.3]   |
| <input type="checkbox"/> Thyme [0.3]    | <input type="checkbox"/> Savory [0.4]     |

\* [X.X] Numbers in square brackets are Net Carb Values

### Leafy Greens

- |  |   |
|--|---|
| <input type="checkbox"/> Broccoli rabe [0] | <input type="checkbox"/> Endive [0.1]         |
| <input type="checkbox"/> Sprouts [0.1]     | <input type="checkbox"/> Beet greens [0.1]    |
| <input type="checkbox"/> Watercress [0.2]  | <input type="checkbox"/> Arugula [0.4]        |
| <input type="checkbox"/> Spinach [0.4]     | <input type="checkbox"/> Butter lettuce [0.5] |

### Flours & Baking

- |  |   |
|--|---|
| <input type="checkbox"/> Flax seed [0]   | <input type="checkbox"/> Gelatin [0]                |
| <input type="checkbox"/> Glucomannan [0] | <input type="checkbox"/> Protein powder [0]         |
| <input type="checkbox"/> Pork rinds [0]  | <input type="checkbox"/> Psyllium husk [0]          |
| <input type="checkbox"/> Xanthan gum [0] | <input type="checkbox"/> Vanilla pure extract [0.1] |

### Condiments

- |   |  |
|---|--|
| <input type="checkbox"/> Vinegar [0]      | <input type="checkbox"/> Dressings (Ranch) [0-2] |
| <input type="checkbox"/> Mayonnaise [0.1] | <input type="checkbox"/> Mustard [0.1]           |

### Drinks

- |   |                                       |
|---|---------------------------------------|
| <input type="checkbox"/> Broth (bone, meat) [0] | <input type="checkbox"/> Tea [0]      |
| <input type="checkbox"/> Water [0]              | <input type="checkbox"/> Coffee [0.5] |

### Spices & Seeds

- |  |  |
|--|--|
| <input type="checkbox"/> Cumin [0]               | <input type="checkbox"/> Curry powder [0]      |
| <input type="checkbox"/> Red pepper, crushed [0] | <input type="checkbox"/> Salt (Himalayan) [0]  |
| <input type="checkbox"/> Cayenne pepper [0.2]    | <input type="checkbox"/> Mustard, ground [0.4] |
| <input type="checkbox"/> Paprika [0.4]           | <input type="checkbox"/> Flax seeds [0.4]      |

### Sweeteners

- |   |   |
|---|---|
| <input type="checkbox"/> Chicory root [0] | <input type="checkbox"/> Monk fruit [0] |
| <input type="checkbox"/> Stevia [0]       | <input type="checkbox"/>                |

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

This Zero Carb Keto Diet List contains foods that are Zero or less than 0.5 Carbs

For interactive mobile-friendly version of this list go to [craft-mart.com](http://craft-mart.com)

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