



KETO SHOPPING LIST – THE 15 ESSENTIAL



AdvantageMeals.com


MEAT / PROTIEN	VEGETABLES	DAIRY AREA
<input type="checkbox"/> Bacon (no Sugar)	<input type="checkbox"/> Broccoli (Raw or Frozen)	<input type="checkbox"/> Cheese (hard real cheese)
<input type="checkbox"/> Ground Beef	<input type="checkbox"/> Cauliflower (Raw or Frozen)	<input type="checkbox"/> Eggs
<input type="checkbox"/> Chicken Thighs	<input type="checkbox"/> Spinach (Raw or Frozen)	<input type="checkbox"/> Butter (Real Butter)
<input type="checkbox"/> _____	<input type="checkbox"/> Kale (Raw or Frozen)	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> Avocado (Whole or 100 Calorie Servings)	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____


 **Avoid most flavored meats except smoked. Look for sugar**


 **Avoid Carrots, Beets, Potatoes, Beans, all Grains.**

 **Milk has sneaky carbs.**

HERBS & SPICES	BEVERAGES	FATS & BAKING
<input type="checkbox"/> Pink Sea Salt	<input type="checkbox"/> Water	<input type="checkbox"/> Olive Oil
<input type="checkbox"/> Black Pepper	<input type="checkbox"/> Coffee	<input type="checkbox"/> Mayonnaise
<input type="checkbox"/> Creole Seasoning	<input type="checkbox"/> _____	<input type="checkbox"/> Coconut Butter
<input type="checkbox"/> Lemon Pepper	<input type="checkbox"/> _____	<input type="checkbox"/> Cacao Powder
<input type="checkbox"/> Onion Powder	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> Garlic Powder	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> Taco Seasoning	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____

 **Be Super Careful of mixes that sometimes hide sugars**

 **No Juice, Soda, or Energy Drinks. Look for sugar in Coffee Creamers.**

 **Avoid Canola and other seed oils as well as highly processed fats.**