



Core Keto Shopping List (Higher Calorie)

Fatty Protein

Eggs	Turkey Breast	Natural Almond Butter
Ground Turkey	Beef Steak	Salmon Fillets
Turkey Bacon	Chicken Thighs/Legs	Sardines
Turkey Sausage	Chicken Breast	Shrimp with tails (<i>peeled & deveined</i>)

Vegetables

Asparagus	Celery	Eggplant
Brussels spouts	Cauliflower	Cucumber
Broccoli	Spinach	Baby Greens
Romaine Lettuce	Zucchini	Arugula
Yellow/White/Red Onions	Red/Green/Yellow Bell Peppers	Kale

Healthy Fats

Walnuts	Cheese	Pumpkin Seeds
Avocado	Almond Butter	Sesame Seeds
Olive Oil	Butter/Ghee	

Herbs & Spices

Cilantro	Lemon Juice	Cumin
Chili Powder	Pimenton/Spanish paprika	Cardamom
Basil	Thyme	Cinnamon
Salt	Ground ginger	Turmeric
Black Pepper	Parsley	Ginger
Sumac/Lemon Zest	Paprika	Cayenne Pepper
Garlic Bulbs	Coriander	

High Fat Snacks

Almond Butter	String Cheese	Lean Shake
Macadamia Nuts	Walnuts	

Other

White Wine Vinegar	Balsamic Vinegar	Lemon Juice
Red Wine Vinegar	Lime Juice	Lemon