



# Core Keto Shopping List

---

## Fatty Protein

Eggs  
Beef  
Chicken Thighs/Legs  
Salmon Fillets

Sardines  
Shrimp with tails (*peeled & deveined*)  
Turkey Breast  
Turkey Sausage

Turkey Bacon

---

## Vegetables

Asparagus  
Brussels spouts  
Broccoli  
Romaine Lettuce  
Onions

Celery  
Cauliflower  
Spinach  
Kale  
Zucchini

Eggplant  
Red/Green/Yellow Bell Peppers  
Cucumber

---

## Healthy Fats

Walnuts  
Avocado  
Olive Oil

Cheese  
Almond Butter  
Butter/Ghee

Pumpkin Seeds  
Sesame Seeds

---

## Herbs & Spices

Cilantro  
Chili Powder  
Basil  
Salt  
Pepper  
Sumac/Lemon Zest  
Garlic Bulbs

Lemon Juice  
Smoked Spanish paprika  
Lemon  
Thyme  
Ground ginger  
Parsley  
Paprika

Coriander  
Cumin  
Cardamom  
Cinnamon  
Turmeric

---

## High Fat Snacks

Almond Butter  
Macadamia Nuts

String Cheese  
Walnuts

Lean Shake

---

## Other

White Wine Vinegar  
Red Wine Vinegar

Balsamic Vinegar  
Lime Juice

Lemon Juice  
Lemon