



# Ignite Keto Shopping List

---

## Fatty Protein

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

---

## 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