



# Ultimate Keto Shopping List (Higher Calorie)

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## 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 &amp; deveined</i> )

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## 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

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## Healthy Fats

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

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## 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	

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## High Fat Snacks

Almond Butter	String Cheese	Lean Shake
Macadamia Nuts	Walnuts	

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## Other

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