

Ketogenic Diet Shopping List

Protein	Vegetables	Fruits	Fats
<u>Meats • Eggs • Dairy</u> <ul style="list-style-type: none"> <input type="checkbox"/> Eggs <input type="checkbox"/> Full-fat plain yogurt (4 oz) <input type="checkbox"/> Lean beef <input type="checkbox"/> Chicken <input type="checkbox"/> Turkey <input type="checkbox"/> Pork <input type="checkbox"/> Buffalo <input type="checkbox"/> Venison <input type="checkbox"/> Duck <input type="checkbox"/> Nitrate-free bacon <input type="checkbox"/> Nitrate-free sausage <u>Fish • Shellfish</u> <ul style="list-style-type: none"> <input type="checkbox"/> Salmon <input type="checkbox"/> Halibut <input type="checkbox"/> Cod <input type="checkbox"/> Mackerel <input type="checkbox"/> Red snapper <input type="checkbox"/> Trout <input type="checkbox"/> Tuna <input type="checkbox"/> Crab <input type="checkbox"/> Crayfish <input type="checkbox"/> Catfish <input type="checkbox"/> Sardines <input type="checkbox"/> Sole <input type="checkbox"/> Lobster <input type="checkbox"/> Mussels <input type="checkbox"/> Oysters <input type="checkbox"/> Scallops <input type="checkbox"/> Shrimp 	2 cup—serving size <ul style="list-style-type: none"> <input type="checkbox"/> Artichoke <input type="checkbox"/> Asparagus <input type="checkbox"/> Broccoli <input type="checkbox"/> Brussels sprouts <input type="checkbox"/> Cabbage <input type="checkbox"/> Cauliflower <input type="checkbox"/> Celery <input type="checkbox"/> Collards <input type="checkbox"/> Cucumber <input type="checkbox"/> Eggplant <input type="checkbox"/> Kale <input type="checkbox"/> Lettuce <input type="checkbox"/> Mushrooms <input type="checkbox"/> Onions <input type="checkbox"/> Parsley <input type="checkbox"/> Peppers <input type="checkbox"/> Pumpkin <input type="checkbox"/> Radish <input type="checkbox"/> Rutabaga <input type="checkbox"/> Seaweed <input type="checkbox"/> Spinach <input type="checkbox"/> Squash <input type="checkbox"/> Swiss chard <input type="checkbox"/> Tomato <input type="checkbox"/> Turnips <input type="checkbox"/> Watercress <input type="checkbox"/> Zucchini 	1 cup per day <ul style="list-style-type: none"> <input type="checkbox"/> Blueberries <input type="checkbox"/> Blackberry <input type="checkbox"/> Cherries <input type="checkbox"/> Raspberries <input type="checkbox"/> Strawberries Nuts & Seeds 2 Tbs—serving size <ul style="list-style-type: none"> <input type="checkbox"/> Almonds <input type="checkbox"/> Brazil nuts <input type="checkbox"/> Cashews <input type="checkbox"/> Chestnuts <input type="checkbox"/> Hazelnuts <input type="checkbox"/> Pecans <input type="checkbox"/> Pine nuts <input type="checkbox"/> Pistachios <input type="checkbox"/> Walnuts <input type="checkbox"/> Pumpkin seeds <input type="checkbox"/> Sesame seeds <input type="checkbox"/> Sunflower seeds <p><i>Note: Peanuts are legumes, not nuts.</i></p>	2 Tbs—serving size <ul style="list-style-type: none"> <input type="checkbox"/> Olive oil <input type="checkbox"/> Olives <input type="checkbox"/> Flaxseeds <input type="checkbox"/> Flaxseed oil <input type="checkbox"/> Avocado <input type="checkbox"/> Coconut <input type="checkbox"/> Butter <input type="checkbox"/> Coconut oil <input type="checkbox"/> Ghee Beverages Herbal Teas: <ul style="list-style-type: none"> <input type="checkbox"/> Cinnamon <input type="checkbox"/> Chamomile <input type="checkbox"/> Green tea