Ultimate Keto Grocery List for Beginners

Stock Your Kitchen for Success!

Starting a keto diet can feel overwhelming, but with the right ingredients, you'll set yourself up for success. Below is a **beginner-friendly keto grocery list** to help you stay on track with low-carb, high-fat foods.

Want a **done-for-you 28-day keto meal plan** with recipes, shopping lists, and expert guidance?
👉 **[Download Your 28-Day Keto Meal Plan Here!](#)**

🥩 Proteins (Grass-Fed, Organic, or Wild-Caught Preferred)

- Beef (steak, ground beef, roasts)
- Chicken (thighs, breasts, wings)
- Pork (chops, tenderloin, bacon)
- Fatty Fish (salmon, sardines, mackerel)
- Eggs (pasture-raised preferred)
- Deli Meats (sugar-free, low-carb)
- Shellfish (shrimp, crab, lobster)

🥑 Healthy Fats & Oils

- Avocados
- Olive Oil (extra virgin)
- Coconut Oil
- Butter (grass-fed)
- Ghee
- MCT Oil
- Mayonnaise (sugar-free)
- Nuts & Seeds (almonds, walnuts, chia seeds, flaxseeds)

🥦 Low-Carb Vegetables

- Leafy Greens (spinach, kale, arugula)
- Broccoli
- Cauliflower
- Zucchini
- Bell Peppers
- Asparagus
- Brussels Sprouts

- Mushrooms

🧀 Dairy & Dairy Alternatives

- Cheese (cheddar, mozzarella, cream cheese)
- Heavy Cream
- Sour Cream
- Unsweetened Almond Milk
- Coconut Milk (full-fat)
- Greek Yogurt (unsweetened, full-fat)

🍓 Low-Sugar Fruits (In Moderation)

- Berries (strawberries, raspberries, blackberries)
- Lemons & Limes

🌿 Herbs, Spices & Condiments

- Salt (Himalayan or sea salt)
- Pepper
- Garlic & Onion Powder
- Cumin, Paprika, Turmeric
- Mustard (sugar-free)
- Hot Sauce (check for hidden sugars)
- Soy Sauce or Coconut Aminos

🍫 Keto-Friendly Snacks & Sweets

- Dark Chocolate (85% cocoa or higher)
- Keto Fat Bombs
- Pork Rinds
- Nut Butters (no added sugar)
- Olives
- Pickles (no sugar added)

🚀 Supercharge Your Keto Journey!

This grocery list is just the beginning. For a **complete 28-day keto meal plan** with delicious recipes, expert tips, and a structured guide to fast-track your results, grab our **Keto Super Fast eCourse** today!

👉 **Get Your 28-Day Keto Meal Plan Now!**