

Simple Keto Grocery Shopping List

Protein	Vegetables	Fats
Chicken	Broccoli	Avocado
Ground Beef	Lettuces	Nuts
Steak	Cabbage	Butter
Pork	Cauliflower	Ghee
Fish	Squash	Olive Oil
Seafood	Radish	Heavy Cream
Turkey	Green, Yellow, Red Peppers	Coconut Oil
Eggs	Green Beans	Chia Seeds
Lamb	Kale, Greens	Sardines