

KETO SHOPPING LIST

The perfect "get started" list for your next trip to the grocery store!

- avocados
- cucumbers
- asparagus
- zucchini
- spinach
- lettuce
- cauliflower
- frozen mixed vegetables

- olive oil
- almond flour
- pork rinds
- flavored almonds
- nuts for snacking
- pickles

- bacon
- ground beef
- pork tenderloin
- steaks
- chicken
- salmon (or your favorite fish)
- pepperoni slices

- eggs
- cream cheese
- heavy cream
- cheddar cheese
- favorite snacking cheese
- Cheese Whisps
- butter
- sour cream

Shopping Tips

- buy meat when it is on sale and freeze it for use later
- freeze bacon in single-use portions
- only buy enough fresh veggies for a few days at a time to keep them fresh
- keep keto-friendly snacks on hand for snack attacks
- PLAN your meals and visit www.ketocookingwins.com for recipes

