

# Keto Diet

## Grocery List





# KETO DIET GROCERY LIST

Copyright © 2018, 2019 Ketogenic Bible Incorporated

All rights reserved.  
Published in the United States by  
Ketogenic Bible Incorporated.

[www.KetogenicDiet.org](http://www.KetogenicDiet.org)



## Welcome!

In this guide, we've brought together lists of our favorite, low-carb food items to help you shop while following the Keto Diet.

**The key to success on the Keto Diet (and most anything else in life) is to have a good plan. This guide helps you have a good plan when you're facing the overwhelming food choices available while shopping at your local grocery store.**

The food items shown on the following pages are the most Keto friendly within their particular food groups. However, just because something is listed here, doesn't mean you can eat all you want.

**Portion control is always important. Eating too much of even good things (such as vegetables) can kick you out of ketosis (which you know by now is not what you want while Keto'ing).**

Remember – the Keto Diet is high fat, low carb and moderate protein. The standard Ketogenic Diet recommends that you get:

- 75% of your calories from fat
- 20% of your calories from protein
- 5% of your calories from carbohydrates

Always keep this in mind as you're shopping and meal prepping!

**Here's what you'll find in this guide:**

- **Section 1: Meat, Poultry, Seafood & Eggs**
- **Section 2: Fats & Oils**
- **Section 3: Nuts, Seeds & Legumes**
- **Section 4: Dairy**
- **Section 5: Leafy Vegetables**
- **Section 6: Vegetables**

Enjoy!

Please read the following medical disclaimer before continuing:

## **IMPORTANT MEDICAL DISCLAIMER**

The publisher, Ketogenic Bible Incorporated, offers health, fitness and nutritional information which is for informational and educational purposes only. You should not rely on this information as a substitute for, nor does it replace professional medical advice, diagnosis, or treatment.

Please discuss all medical and nutrition questions with your healthcare provider. If you have any concerns or questions about your health, you should always consult with a physician or other healthcare professional.

The statements made within have not been evaluated by the Food and Drug Administration. The statements made are not intended to diagnose, treat, cure or prevent any disease.

Do not disregard, avoid or delay obtaining medical or health-related advice from your healthcare professional because of something you may have learned here. The use of any information provided here is solely at your own risk.

Developments in medical research may impact the health, fitness and nutritional information that appears here. No assurance can be given that the information contained herein will always include the most recent findings or developments with respect to the particular material.

The information provided herein is believed to be accurate at the time it was created and it was based on research and our best judgment. However, like any material, information may become outdated over time. Information here may contain technical inaccuracies or errors and may be changed or updated without notice.

All users agree that all access to and use of this information is at their own risk. Ketogenic Bible Incorporated does not assume any liability for the information contained herein.

If you are in the United States and think you are having a medical or health emergency, call your healthcare professional, or 911, immediately.



## Meat, Poultry, Seafood & Eggs

Food Item	Serving Size	Net Carbs
Bacon	4 oz (113g)	0.1
Beef – ground, steak, roast	4 oz (113g)	0
Veal	4 oz (113g)	0
Deli meats – beef, chicken, turkey, ham, etc. (no sugar added)	4 oz (113g)	0-1
Game meats – bison, venison, etc.	4 oz (113g)	0
Lamb – ground, chops, etc.	4 oz (113g)	0
Pork – ground, chops, loin, ham, etc.	4 oz (113g)	0
Chicken	4 oz (113g)	0
Turkey	4 oz (113g)	0
Duck	4 oz (113g)	0
Quail	4 oz (113g)	0
Fish – cod, flounder, halibut, mahi-mahi, salmon, sardines, sea bass, snapper, tilapia, trout, tuna, etc.	4 oz (113g)	0
Shellfish – crab, lobster, oysters, scallops, shrimp, crayfish	4 oz (113g)	0-3
Eggs	1 egg (56g)	0.6

## Fats & Oils

Food Item	Serving Size	Net Carbs
Avocado oil	1 tbsp (14g)	0
Butter	1 tbsp (15g)	0
Cocoa butter	1 tbsp (13.6g)	0
Coconut oil	1 tbsp (13.6g)	0
Ghee	1 tbsp (13g)	0
Lard, other animal fats	1 tbsp (12.8g)	0
MCT oil	1 tbsp (14.5g)	0
Olive oil	1 tbsp (13.5g)	0
Other nut & seed oils	1 tbsp (~13.5g)	0



## Nuts, Seeds & Legumes

Food Item	Serving Size	Net Carbs
Almond butter	2 tbsp (32g)	2.7
Almonds	1/4 cup (28g)	3
Brazil nuts	1/4 cup (33g)	1.4
Chia seeds	1 oz (28.35g)	2.1
Coconut flakes	3 tbsp (22.5g)	3
Flax seeds	2 tbsp (20.6g)	0.4
Hazelnuts	1/4 cup (34g)	2.3
Hemp seeds	3 tbsp (30g)	1.4
Macadamia nuts	1/4 cup (33g)	1.7
Other nut butters – hazelnut, macadamia, pecan, walnut, etc.	2 tbsp (~32g)	0.5 - 3
Peanut butter	2 tbsp (32g)	4
Peanuts	1/4 cup (36g)	2.8
Pecans	1/4 cup (36g)	1
Pine nuts	1/4 cup (36g)	3.2
Pistachios	1/4 cup (31g)	5
Poppy seeds	1 tbsp (8.8g)	0.8
Pumpkin seeds	1/4 cup (32g)	1.6
Sesame seeds	1 tbsp (9g)	1
Sunflower seed butter	2 tbsp (32g)	5.7
Sunflower seeds	1/4 cup (11.5g)	1.3
Walnuts	1/4 cup (30g)	2



## Dairy

Food Item	Serving Size	Net Carbs
Cheeses, all types – mozzarella, parmesan, blue, brie, cheddar, dubliner, pepperjack, feta, goat, gouda, gorgonzola, jack, swiss, etc.	1 oz (28g)	0 - 1.5
Coconut cream	1 tbsp (15g)	1.7
Cream cheese	1 tbsp (14.5g)	0.8
Half & half	1 tbsp (15g)	0.7
Heavy cream	1 tbsp(15g)	0.4
Mascarpone cheese	2 tbsp (28g)	0.6
Sour cream	1 tbsp (12g)	0.6
Whole milk Greek yogurt	1 cup (100g)	4
Whole milk cottage cheese	1/2 cup (105g)	7.1
Whole milk ricotta cheese	1/2 cup (62g)	3.7

## Leafy Vegetables

Food Item	Serving Size	Net Carbs
Arugula	1 cup (20g)	0.4
Beet greens	1 cup (38g)	0.2
Bibb lettuce	1 cup (55g)	0.6
Bok choy	1 cup (70g)	0.8
Broccoli rabe	1 cup (40g)	0
Butter lettuce	1 cup (42g)	0.5
Cabbage	1 cup (89g)	3
Chard	1 cup (36g)	0.8
Collard greens	1 cup (256g)	3.9
Endive	1 cup (50g)	0.1
Iceberg lettuce	1 cup (57g)	1.2
Kale	1 cup (67g)	3.4
Mustard greens	1 cup (56g)	0.8
Spinach	1 cup (30g)	0.4
Sprouts	1 cup (33g)	0.1
Romaine	1 cup (47g)	0.6
Watercress	1 cup (34g)	0.2



## Vegetables

Food Item	Serving Size	Net Carbs
Artichokes	1/2 cup (84g)	5.2
Asparagus	1 cup (134g)	2.4
Bamboo shoots	1 cup (151g)	4.6
Bell peppers	1 cup (92g)	3.6
Broccoli	1 cup (91g)	3.6
Brussels sprouts	1 cup (88g)	4.6
Cauliflower	1 cup (107g)	3.2
Celeriac	1/2 cup (78g)	5.8
Celery	1 cup (101g)	1.4
Chili peppers	1 pepper (1.4g)	1
Cucumbers	1/2 cup (52g)	1.6
Eggplant	1 cup (82g)	2.3
Fennel	1 cup (87g)	3.7
Garlic	1 clove (3g)	0.9
Green beans	1 cup (100g)	4.3
Jalapeno peppers	1 pepper (14g)	0.5
Jicama	1 cup (130g)	5.1
Kelp noodles	4 oz. (113 g)	2
Leeks	1/2 cup (45g)	5.5
Mushrooms	1 cup (86g)	2.2
Okra	1 cup (100g)	4.3
Onions	1/2 cup (58g)	4.3
Poblano peppers	1 pepper	1.9
Pickles	1 large (135g)	1.9
Pumpkins	1 cup (116g)	6.9