

KETO GROCERY LIST

MEAT

- Beef
- Goat
- Lamb
- Pork
- Veal
- Venison
- Mince
- Ribs
- Roast
- Sausages
- Steak
- Bacon
- Billtong
- Cured Meats
- Ham
- Hot Dog / Frankfurts
- Jerky
- Pastrami
- Salami
- Smoked Meats

SEAFOOD

- Anchovies
- Clams
- Crab meat
- Lobster
- Mackerel
- Mussels
- Oysters
- Salmon
- Sardines
- Shrimp
- Squid
- Trout
- Tuna

POULTY & EGGS

- Eggs
- Chicken
- Duck
- Goose
- Quail
- Turkey

DAIRY

- Butter
- Cheese
- Cream cheese
- Greek yoghurt
- Heavy cream
- Sour cream
- Milk

** full fat / sugar free*

DAIRY SUBSTITUTES

- Almond Milk
- Coconut Cream
- Coconut Milk
- Soy Milk

** full fat / sugar free*

FATS & OILS

- Avocado oil
- Beef tallow
- Butter
- Cocoa butter
- Coconut oil
- Flax seed oil
- Ghee
- Hemp seed oil
- Lard or pig fat
- Macadamia oil
- MCT oil
- Olive oil (extra virgin)
- Walnut oil

FRUIT

- Avocado
- Blackberry
- Blueberry
- Coconut
- Cranberry
- Lemon
- Lime
- Raspberry
- Rhubarb
- Strawberry

VEGETABLES

- Arugula
- Asparagus
- Beans
- Bell pepper
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Chard
- Cucumber
- Eggplant
- Endive
- Fennel
- Garlic
- Lettuce
- Mushrooms
- Onion
- Raddish
- Spinach
- Swiss chard
- Tomato
- Zucchini

NUTS

- Almonds
- Brazil
- Cashew
- Hazelnuts
- Macadamia
- Peanuts
- Pecans
- Pistachio
- Walnuts

SEEDS

- Chia
- Flax
- Hemp
- Pumpkin
- Sesame
- Sunflower

BAKING ESSENTIALS

- Almond flour
- Almond meal
- Cocoa Powder
- Coconut flour
- Flaxseed meal
- Lupin flour
- Psyllium husk powder
- Sesame seed flour

PANTRY

- Apple cider vinegar
- Canned fish
- Coconut aminos
- Herbs and spices
(black pepper, chilli, cumin, paprika, salt)
- Hot sauce
- Mayonaisse
- Mustard
- Nut butters
(almond, cashew, peanut)
- Olives
- Pickles
- Pork rind
(for breadcrumbs)
- Red wine vinegar

SWEETENERS

- Stevia
- Monkfruit

BEVERAGES

- Almond milk
- Bone broth
- Bulletproof coffee
- Coconut milk
- Coffee (black)
- Herbal Tea
- Tea (black)
- Water

** all unsweetened*

Thank You

Thank you so much for purchasing from my Etsy shop – your support means the world to me!

I hope your new Guide or Planner brings much joy into your life.

If you have any questions, or if there's anything more I can do to help, feel free to reach out. I'm here to make sure you have the best experience possible. Wishing you all the very best on your path to health and happiness!

Much love,
Sandy xx

Join Unstoppables Now

It's time to reinvigorate your health and wellness practice using Nature and ancestral wisdom! More energy and vitality, a stronger immune system, better sleep, more mental clarity and joy is all just one click away! You've got this.

Sandy



www.unstoppables.io

