



# KETO

## SHOPPING LIST

### NOTES TO REMEMBER

- Foods to Avoid: sugar, potatoes, legumes, soy, grains, vegetable oils
- Foods to Consume: high quality fat, low carb, and low sugar
- Use / consume organic products when possible

### DRINKS

- coffee - locally roasted, sustainably sourced
- club soda
- herbal tea

### PERISHABLE

- eggs - local
- butter - grass fed
- heavy cream
- full fat cottage cheese
- hard & soft cheeses
- sauerkraut
- tofu
- tempeh - plain

### PRODUCE

- non-starchy greens
- tomatoes
- peppers
- onions
- broccoli
- avocados
- mushrooms
- squash

### PANTRY

- almond butter - freshly ground
- almond flour
- almond milk
- almonds
- arrowroot powder
- avocado oil
- bone broth
- amino acids
- canned fish - tuna, salmon, sardines
- chia seeds
- chocolate - stevia sweetened or unsweetened
- coconut aminos
- coconut cream
- coconut flour
- coconut milk
- coconut oil
- coconut - unsweetened
- ghee
- honey - local
- hot sauce
- keto friendly baking mixes
- macadamia nuts
- maple syrup
- olive oil
- pili nuts
- spices
- sweetener alternatives - stevia, xylitol, erythritol, monk fruit
- sunflower seed butter
- sunflower seeds
- vanilla extract
- walnuts
- pork rinds

**BASIL BANDWAGON NATURAL MARKET**