

# KETO *dirty*

## ULTIMATE KETO GROCERY LIST

REMEMBER TO READ YOUR LABELS. SUGAR = NO BUENO!

We update this list often, get the latest list and read our food disclaimers at [ketodirty.com/keto-grocery-list](http://ketodirty.com/keto-grocery-list)

### *Meat Area*

- Ground Beef
- Bacon
- Chicken
- Turkey
- Beef (Any cut, you like!)
- Sausages
- Beef Jerky
- Pork Chops
- Duck
- Wild Game
- Ham
- Pastrami
- Hot Dogs
- Shrimp
- Salmon
- Lobster

### *Baking Aisle*

#### *Flours*

- Almond Flour
- Coconut Flour
- Psyllium Husk

#### *Oils*

- Coconut Oil
- Olive Oil
- MCT Oil
- Cocoa Butter
- Bacon Fat
- Lard
- Avocado Oil
- Ghee

#### *Chocolate*

- Baking Cocoa Powder
- Lily's Dark Chocolate Chips
- Lily's Chocolate Bars

#### *Sweeteners*

- Swerve (in any form)
- Stevia
- Monk Fruit
- Truvia, Xylitol

#### *Unsweetened Nut Butters*

- Almond Butter
- Macadamia Nut Butter
- Coconut Butter
- Peanut Butter

#### *Herbs and Spices*

- Salt
- Pepper
- Garlic
- Cinnamon
- Vanilla Extract
- Rosemary
- Tumeric
- Basil
- Cilantro

### *Dairy Aisle*

- Butter
- Heavy Whipping Cream
- Hard Cheese
- Soft Cheese
- Cream Cheese
- Sour Cream
- Cottage Cheese
- Greek Yogurt
- Picnik Creamer

### *Drink Aisle*

- MIO Sweeteners
- Powerade Zero
- Diet Soda
- La Croix
- Teas

### *Snack Aisle*

- Whisps
- Beef Jerky
- Pork Rinds
- Lily's Chocolate Bars

## ULTIMATE KETO GROCERY LIST

### *Canned Goods*

Beef Broth  
Chicken Broth  
Chicken Stock  
Ramen Broth  
Canned Vegetables  
Bone Broth  
Canned Chicken  
Tuna Packets  
Vienna Sausages  
Tomato Paste  
Tomatoes

### *Condiments*

- Mayonaise
- Mustard
- Sugar-free Dressings
- Tabasco
- Salsa
- Pickles
- Jalapenos
- No-sugar Sauces
- Capers
- Horseradish
- Cider and Wine Vinegars
- Soy Sauce
- Olives

### *Produce Department*

#### *Vegetables*

Artichokes	• Broccoli
Okra	• Asparagus
Onion	• Cucumber
Zucchini	• Celery
Spinach	• Garlic
Spaghetti Squash	• Mushrooms
Peppers	• Pumpkin
Sauerkraut	• Radishes
Celery	• Kale
Cauliflower	• Green Beans
Cabbage	• Lettuce
Brussel Sprouts	• Arugula

#### *Fruits*

Avocados  
Tomatoes  
Berries  
Lime  
Lemon  
Coconut

#### *Nuts & Seeds*

• Almonds	Sunflower Seeds
• Walnuts	Chia Seeds
• Pecans	Flaxseeds
• Peanuts	Macadamias
• Pumpkin Seeds	Walnuts

Here at KETO Dirty we show you how we do the KETO diet as a lifestyle. Our way might not always be your way. We may use an ingredient that doesn't work for your diet, and that is totally fine. We like to say - YOU DO YOU. Find what works for you, your body and lifestyle and do that!  
**HAPPY KETO-ING!**

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