**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

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**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

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**Baking Aisle**

**Flours**
- Almond Flour
- Coconut Flour
- Psyllium Husk

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

**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

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

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**Drink Aisle**
- MIO Sweeteners
- Powerade Zero
- Diet Soda
- La Croix
- Teas

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**Snack Aisle**
- Whisps
- Beef Jerky
- Pork Rinds
- Lily’s Chocolate Bars
**Canned Goods**
- Beef Broth
- Chicken Broth
- Chicken Stock
- Ramen Broth
- Canned Vegetables
- Bone Broth
- Canned Chicken
- Tuna Packets
- Vienna Sausages
- Tomato Paste
- Tomatoes

**Produce Department**

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Fruits</th>
<th>Nuts &amp; Seeds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artichokes</td>
<td>Avocados</td>
<td>Almonds</td>
</tr>
<tr>
<td>Okra</td>
<td>Tomatoes</td>
<td>Walnuts</td>
</tr>
<tr>
<td>Onion</td>
<td>Berries</td>
<td>Pecans</td>
</tr>
<tr>
<td>Zucchini</td>
<td>Lime</td>
<td>Peanuts</td>
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<tr>
<td>Spinach</td>
<td>Lemon</td>
<td>Pumpkin Seeds</td>
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<tr>
<td>Spaghetti Squash</td>
<td>Coconut</td>
<td>Sunflower Seeds</td>
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<tr>
<td>Peppers</td>
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<td>Chia Seeds</td>
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<tr>
<td>Sauerkraut</td>
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<td>Flaxseeds</td>
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<tr>
<td>Celery</td>
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<td>Macadamias</td>
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<tr>
<td>Cauliflower</td>
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<td>Walnuts</td>
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<tr>
<td>Cabbage</td>
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<td></td>
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<tr>
<td>Brussel Sprouts</td>
<td></td>
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</tr>
</tbody>
</table>

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

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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!