

# Keto Shopping List

## Vegetables

artichoke  
asparagus  
avocado  
bok choy  
broccoli  
Brussels sprouts  
cabbage  
carrots  
cauliflower  
celery  
cucumber  
eggplant  
fennel  
garlic  
green beans  
hearts of palm  
jicama  
kohlrabi  
leafy greens  
leeks  
mushrooms  
okra  
olives  
onion  
parsley  
peppers  
potatoes  
pumpkin  
radishes  
rhubarb  
rutabaga  
scallions  
shallots

snow peas  
sprouts  
squash  
sugar snap peas  
tomatillos  
sweet potatoes  
and yams  
tomato  
turnip  
zucchini

## Natural Fats

avocado oil  
bacon  
chicken fat  
coconut milk  
coconut oil  
full-fat salad  
dressings\*  
ghee  
lard & tallow  
mayonnaise  
nuts & nut butters  
nut oils  
seeds  
olive oil  
sesame oil

## Dairy

butter  
cheeses of all kinds  
cottage cheese  
cream cheese  
ghee  
cream (18%,  
whipping\*)  
mascarpone  
ricotta  
sour cream  
yogurt and Greek  
yogurt, plain

## Proteins

beef  
lamb  
pork  
poultry  
game  
fish  
shellfish  
eggs  
luncheon meats  
& sausages\*  
soy: edamame, tofu,  
tempeh, natto\*

## Fruits

blueberries  
raspberries  
strawberries  
blackberries  
lemons  
limes

## Miscellaneous

almond flour  
coconut flour  
dried herbs  
& spices  
salt & pepper  
vanilla  
shirataki/konjac  
noodles

## Diet Swaps

### Replace:

white bread  
white pasta  
mashed potatoes  
French fries, rice

### With:

rutabaga or  
jicama fries,  
veggie-noodles  
cauliflower mash  
spaghetti squash



**REVERSING  
PREDIABETES**

\*no added sugar or starches

[www.reversingprediabetes.ca](http://www.reversingprediabetes.ca)

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## Before You Shop

Before you get started, it helps to get your kitchen ready and to get rid of tempting treats in your house. What sort of food do you always crave? Is it chips, sweets, crackers, cookies or ice cream? Make sure you clean out your kitchen and get rid of the foods you need to avoid on your new diet.

## Understanding the Essentials

When you're grocery shopping, stick to the outer rim of the store for most of your food purchases. Frozen berries, vegetables, meat, and seafood are great to have on hand and won't go bad.

You don't need to purchase all of the items on this list. Only choose the ones you like and know you'll use to cook or prepare quick meals.

## Remember the One, Two, Three's:

1

Get adequate protein. Aim for about 85 to 160 grams (3 to 6 ounces) of protein at every meal. Visually, this is a serving of meat, poultry, fish, eggs, beans, or tofu that's about the size of 1 to 2 decks of cards. If you're taller than average, aim for the middle to top of this protein range.

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2

Include high-fiber plant foods, such as vegetables and leafy greens that grow above the ground. For fruit, choose high-fiber, low-sugar options like berries. Depending on the approach you choose, you may be able to add other fruits, below-ground vegetables, legumes, and minimally processed grains.

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3

Add healthy fat, such as olive oil, butter or ghee, in the amount needed to prepare and enjoy your meal.