

FREE PRINTABLE

45-Item Keto Starter Shopping List

Use the empty boxes and quantity lines as a reusable starter checklist. These foods are options, not requirements; compare labels and choose what fits your budget and needs.

Proteins	Fats, Oils & Avocado	Low-Carb Vegetables
☐ Eggs Qty:	☐ Extra-virgin olive oil Qty:	☐ Spinach Qty:
☐ Chicken thighs Qty:	☐ Avocados Qty:	☐ Broccoli Qty:
☐ Salmon Qty:	☐ Avocado oil Qty:	☐ Cauliflower Qty:
☐ Sardines (packed in oil or water) Qty:	☐ Coconut oil Qty:	☐ Zucchini Qty:
☐ Ground beef Qty:	☐ Butter Qty:	☐ Asparagus Qty:
☐ Pork chops Qty:	☐ Ghee Qty:	☐ Bell peppers Qty:
☐ Bacon (check label for added sugar) Qty:	☐ MCT oil Qty:	☐ Kale Qty:
☐ Ribeye steak Qty:		☐ Brussels sprouts Qty:

45-ITEM KETO STARTER SHOPPING LIST

Shopping list, continued

Dairy

- | | |
|---|------------|
| ☐ Cheddar cheese | Qty: _____ |
| ☐ Cream cheese | Qty: _____ |
| ☐ Heavy cream | Qty: _____ |
| ☐ Plain Greek yogurt (unsweetened) | Qty: _____ |
| ☐ Mozzarella | Qty: _____ |
| ☐ Parmesan | Qty: _____ |
| ☐ Sour cream | Qty: _____ |

Nuts & Seeds

- | | |
|--|------------|
| ☐ Almonds | Qty: _____ |
| ☐ Macadamia nuts | Qty: _____ |
| ☐ Pecans | Qty: _____ |
| ☐ Walnuts | Qty: _____ |
| ☐ Chia seeds | Qty: _____ |
| ☐ Ground flaxseed | Qty: _____ |
| ☐ Pumpkin seeds | Qty: _____ |

Pantry & Condiments

- | | |
|---|------------|
| ☐ Almond flour | Qty: _____ |
| ☐ Coconut flour | Qty: _____ |
| ☐ Erythritol or monk-fruit sweetener (check label) | Qty: _____ |
| ☐ Apple cider vinegar | Qty: _____ |
| ☐ Dijon mustard (no added sugar) | Qty: _____ |
| ☐ Mayonnaise (check label) | Qty: _____ |
| ☐ Iodized salt | Qty: _____ |
| ☐ Psyllium husk powder | Qty: _____ |

Other items

- | | | | |
|--------------------------------|------------|--------------------------------|------------|
| ☐ _____ | Qty: _____ | ☐ _____ | Qty: _____ |
| ☐ _____ | Qty: _____ | ☐ _____ | Qty: _____ |
| ☐ _____ | Qty: _____ | ☐ _____ | Qty: _____ |
| ☐ _____ | Qty: _____ | ☐ _____ | Qty: _____ |

Label check: For packaged foods, compare serving size, total carbohydrate, fiber, added sugar, and the ingredient list. [Build and print a selected list online.](#)