

Keto Shopping List:

FATS

Coconut Oil
MCT Oil
Olives
Butter

PROTEIN

Chicken Thighs
Bacon
Eggs

VEGGIES

Asparagus Avocado
Cauliflower
Spinach
Zucchini

DAIRY

Full Fat Hard Cheese
Fresh Mozzarella
Moon Cheese
Heavy Whipping Cream

NUTS/SEEDS

Macadamia Nuts
Almond or Cashew Butter

OTHER

Coffee
Pickles
Morton Lite Salt
Creamy Salad Dressing