Keto Grocery List With Net Carbs

https://mealplanninja.com/printable-keto-diet-grocery-shopping-list-pdf/



Nuts

| Meats | |
|--------------------|---------------|
| Ground Beef | Og |
| Steak | 0g |
| Corned Beef | 0g |
| Chicken Thighs | 0g |
| Chicken Breast | 0g |
| Chicken Drumsticks | 0g |
| Chicken Wings | 0g |
| Pork Chops | 0g |
| Pork Tenderloin | 0g |
| Bacon | 1g (2 slices) |
| Ham | 0g |
| Turkey | 0g |
| Ground Turkey | 0g |
| Bison | 0g |
| Sausages | 0g |
| Hot Dogs | 2.2g (1 link) |
| Bratwurst | 2.4g (1 link) |
| Salami | 1g (3 slices) |
| Prosciutto | 0g |

| Seafood | |
|-----------|------------------|
| Cod | Og |
| Halibut | 0g |
| Mahi-mahi | 0g |
| Salmon | 0g |
| Sardines | 0g |
| Snapper | 0g |
| Swordfish | 0g |
| Tilapia | 0g |
| Tuna | 0g |
| Trout | 0g |
| Clams | 3.3g (2 oz) |
| Crabmeat | 0g |
| Lobster | 2g (6 oz) |
| Mussels | 4g (2 oz) |
| Oysters | 4.5g (4 oz) |
| Scallops | 4g (10 scallops) |
| Shrimp | 0g |

| Sauces & Condiment | S |
|-------------------------|----------------------|
| Mustard | Og |
| Buffalo Sauce Soy Sauce | 0g 1.2g (1 tbsp.) |
| Ketchup | 1.2g (1 tbsp.) |
| (Reduced Sugar) | 01 17 |
| Olive Oil | 0g |
| Coconut Oil | 0g |
| Avocado Oil | 0g |
| Peanut Butter (No | 1.5g (1 tbsp.) |
| Sugar Added) | |
| Almond Butter | 1.5g (1 tbsp.) |
| (No Sugar Added) | |
| Ranch Dressing | 1g (1 tbsp.) |
| Caesar Dressing | 1g (1 tbsp.) |
| Italian Dressing | 2g (1 tbsp.) |
| Balsamic Dressing | 2g (1 tbsp.) |
| | |

4g (1 whole)

7g (1 cup)

7g (1 cup)

8g (1 cup)

Avocado

Blackberries

Raspberries

_ Strawberries

| Dairy | |
|-----------------------|----------------|
| Butter or Ghee | 0g |
| Eggs | 0.4g (1 egg) |
| Mayonnaise | 0.1g (1 tbsp.) |
| American Cheese | 1.5g (1 slice) |
| Blue Cheese | 0.4g (2 tbsp) |
| Brie | 0.1g (1 oz) |
| Colby | 0.7g (1 oz) |
| 2% Cottage Cheese | 4g (1/2 cup) |
| Original Cream Cheese | 1.2g (2 tbsp.) |
| Feta | 1.2g (1 oz) |
| Goat Cheese | 0.6g (1 oz) |
| Gorgonzola | 1g (1 oz) |
| Monterey Jack | 0.2g (1 oz) |
| Gouda | 0.6g (1 oz) |
| Gruyere | 0.1g (1 oz) |
| Havarti | 0g |
| Laughing Cow | 1g (1 wedge) |
| Mozzarella | 0.6g (1 oz) |
| Muenster | 0.3g (1 oz) |
| Parmesan | 0.2g (1 tbsp.) |
| Provolone | 0.6g (1 oz) |
| Ricotta | 2.4g (1/4 cup) |
| Swiss | 1.5g (1 oz) |
| String Cheese | 1g (1 stick) |
| Heavy Cream | 0.4g (1 tbsp.) |
| Half & Half | 0.3g (1 tbsp.) |
| Almond Milk | 1g (1 cup) |
| (Unsweetened) | |
| Yogurt (Whole Milk, | 8g (6 oz) |
| Plain) | |
| Greek Yogurt (Plain) | 7g (6oz) |

| Vegetables | |
|----------------------|----------------|
| Asparagus | 2g (1 cup) |
| Artichoke Hearts | 5g (1/2 cup) |
| Arugula | 1g (1 cup) |
| Bell Peppers | 4.5g (1 cup) |
| Broccoli | 3.6g (1/2 cup) |
| Beets | 2g (1 cup) |
| Green Beans | 3.6g (1 cup) |
| Brussel Sprouts | 4.7g (1 cup) |
| Green Napa Cabbage | 2.4g (1 cup) |
| Purple/Red Cabbage | 5g (1 cup) |
| Carrots | 4.2g (1/2 cup |
| Cauliflower | 3g (1 cup) |
| Celery | 1.4g (1 cup) |
| Chard | 2g (1 cup) |
| Collard Greens | 1.5g (1 cup) |
| Cucumber | 3g (1 cup) |
| Eggplant | 3g (1 cup) |
| Garlic | 1g (1 clove) |
| Kale | 5g (1 cup) |
| White Mushrooms | 2g (1 cup) |
| Portobello Mushrooms | 2.6g (1 cup) |
| Romaine Lettuce | 1g (1 cup) |
| Spinach | 0.3g (1 cup) |
| Okra | 4g (1 cup) |
| Onions | 7g (1 cup) |
| Radishes | 1.8g (1 cup) |
| Tomatoes | 5g (1 cup) |
| Cherry Tomatoes | 4g (1 cup) |

| Almonds Macadamia Brazil Nuts Pecans Pine Nuts Peanuts Hazelnuts | 7g (1/2 cup) 3.5g (1/2 cup) 3g (1/2 cup) 2g (1/2 cup) 6.5g (1/2 cup) 6g (1/2 cup) 5g (1/2 cup) |
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| Other | |
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