

# KETO GROCERY MASTER CHECKLIST — PRINTABLE

FATAIM Keto Life — fataimketolife.com

## Proteins

- ☐ Eggs
- ☐ Chicken thighs/breasts
- ☐ Ground beef (80/20)
- ☐ Steak
- ☐ Pork chops
- ☐ Bacon
- ☐ Turkey (ground/slices)
- ☐ Deli meats (no sugar)
- ☐ Lamb
- ☐ Sausages (no sugar)

## Low-Carb Vegetables

- ☐ Spinach
- ☐ Kale
- ☐ Lettuce/greens
- ☐ Zucchini
- ☐ Cauliflower (or riced)
- ☐ Broccoli
- ☐ Asparagus
- ☐ Green beans
- ☐ Cabbage
- ☐ Brussels sprouts
- ☐ Eggplant
- ☐ Bell peppers
- ☐ Mushrooms
- ☐ Cucumber
- ☐ Celery
- ☐ Radishes

## Seafood

- ☐ Salmon fillets
- ☐ Canned tuna
- ☐ Sardines
- ☐ Mackerel
- ☐ Shrimp
- ☐ Cod
- ☐ Tilapia
- ☐ Anchovies

## Dairy & Alternatives

- ☐ Cheddar/Mozzarella
- ☐ Cream cheese
- ☐ Heavy cream
- ☐ Unsweetened Greek yogurt
- ☐ Cottage cheese (full-fat)
- ☐ Sour cream
- ☐ Unsweetened almond milk
- ☐ Unsweetened coconut milk
- ☐ Ricotta (full-fat)

## Pantry & Baking

- ☐ Almond flour
- ☐ Coconut flour
- ☐ Psyllium husk
- ☐ Oat fiber
- ☐ Xanthan gum
- ☐ Baking powder
- ☐ Unsweetened cocoa powder
- ☐ Sugar-free mayo
- ☐ Pickles (no sugar)

## Condiments & Sauces

- ☐ Mustard

## Fats & Oils

- ☐ Olive oil
- ☐ Avocado oil
- ☐ Coconut oil
- ☐ Butter
- ☐ Ghee
- ☐ MCT oil
- ☐ Duck fat
- ☐ Beef tallow

## Nuts & Seeds

- ☐ Almonds
- ☐ Walnuts
- ☐ Pecans
- ☐ Macadamia nuts
- ☐ Brazil nuts
- ☐ Hazelnuts
- ☐ Pumpkin seeds
- ☐ Sunflower seeds
- ☐ Chia seeds
- ☐ Flaxseed
- ☐ Hemp hearts
- ☐ Nut butters (no sugar)
- ☐ Olives
- ☐ Bone broth
- ☐ Shirataki noodles
- ☐ Low-carb tortillas (check labels)
- ☐ Hot sauce
- ☐ Soy sauce/Tamari

Net carbs = Total carbs — fiber. Start with ≤ 20–30 g net carbs/day. • Avoid: sugar, corn syrup, dextrose, maltodextrin, honey, agave, dates. • Check labels for added sugars and total net carbs.

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- ☐ Coconut aminos
- ☐ Sugar-free ketchup
- ☐ Sugar-free BBQ sauce
- ☐ Pesto
- ☐ Apple cider vinegar
- ☐ Red/white wine vinegar
- ☐ Ranch/Caesar (low-carb)

## Spices & Herbs

- ☐ Sea salt / pink salt
- ☐ Black pepper
- ☐ Garlic powder
- ☐ Onion powder
- ☐ Paprika
- ☐ Chili powder
- ☐ Cumin
- ☐ Oregano
- ☐ Basil
- ☐ Thyme
- ☐ Rosemary
- ☐ Turmeric
- ☐ Cinnamon
- ☐ Everything bagel seasoning

## Optional Snacks/Treats

- ☐ 85%+ dark chocolate
- ☐ Pork rinds
- ☐ Seaweed snacks
- ☐ Sugar-free gelatin
- ☐ Keto bars (check labels)
- ☐ Cheese sticks

## Sweeteners (keto-friendly)

- ☐ Stevia
- ☐ Erythritol
- ☐ Monk fruit
- ☐ Allulose
- ☐ Liquid stevia drops

## Frozen & Convenience

- ☐ Cauliflower rice
- ☐ Frozen berries (small portions)
- ☐ Frozen spinach
- ☐ Broccoli florets
- ☐ Mixed low-carb veg
- ☐ Salmon (frozen)
- ☐ Shrimp (frozen)
- ☐ Zucchini spirals
- ☐ Olive snack packs
- ☐ Beef jerky (no sugar)
- ☐ Mixed nuts (unsweetened)

## Beverages & Electrolytes

- ☐ Water / sparkling water
- ☐ Coffee
- ☐ Tea
- ☐ Electrolyte mix (no sugar)
- ☐ Mineral water
- ☐ Unsweetened iced tea

## Low-Carb Fruits

- ☐ Avocado
- ☐ Strawberries
- ☐ Blueberries
- ☐ Raspberries
- ☐ Lemons & limes