Keto Grocery Checklist

Everyday shopping ideas, organized for your next grocery trip.

Check what you need. Choose portions that fit your own plan.

Week of: _____ Shopping for: _____

01 PROTEIN PICKS

- ☐ Eggs
- ☐ Chicken or turkey (plain)
- ☐ Salmon
- ☐ Sardines
- ☐ Tuna (plain, canned)
- ☐ Tofu (plain)

02 NON-STARCHY VEGGIES

- ☐ Spinach or leafy greens
- ☐ Broccoli
- ☐ Cauliflower
- ☐ Zucchini
- ☐ Cucumber
- ☐ Mushrooms

03 FATS & EXTRAS

- ☐ Olive oil
- ☐ Avocados
- ☐ Olives
- ☐ Walnuts
- ☐ Pecans
- ☐ Pumpkin seeds

04 DAIRY & SMALL EXTRAS

- ☐ Cheddar
- ☐ Parmesan
- ☐ Butter
- ☐ Raspberries (small portions)
- ☐ Strawberries (small portions)
- ☐ Dark chocolate (90%+ cocoa)

05 PANTRY FLAVOR

- ☐ Unsweetened cocoa powder
- ☐ Vinegar (unsweetened)
- ☐ Mustard (unsweetened)
- ☐ Dried herbs
- ☐ Spices without added sugar
- ☐ Ground flaxseed

06 DRINKS & FRESH HERBS

- ☐ Still water
- ☐ Plain sparkling water
- ☐ Coffee (unsweetened)
- ☐ Tea (unsweetened)
- ☐ Fresh basil
- ☐ Fresh dill

MY EXTRAS

BEFORE YOU BUY

Check serving sizes, total carbohydrates and added sugars on labels.
This is a shopping aid, not a complete meal plan; portions still matter.

annblogger.com

Food-group reference: Harvard T.H. Chan School of Public Health, The Nutrition Source.