

Carbs

Artichokes
Asparagus
Bean Sprouts
Bell Peppers
Bok Choy
Broccoli
Brussel Sprouts
Cabbage
Pickles
Cauliflower
Celery
Cucumbers
Eggplant
Spinach
Lettuce
Leeks
Mushrooms
Radishes
Spaghetti Squash
Zucchini

Protein

Beef
Pork
Fish
Chicken
Tofu
Tempeh
Bacon
Soy Beans
Turkey

Fats

Sour Cream
Heavy Cream
Mayonnaise
Greek Yogurt
Full Fat Cheese
Avocado
Olive Oil
Avocado Oil
Kerrygold Butter

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Simple Keto Grocery List

Stock your kitchen with everything keto so you can be successful right away!