

1 Week Keto Shopping List

Meat		Produce		Box/Can		Dairy		On-Hand
ground beef	3 lb	avocado	2	roasted almonds	sm bag	eggs	1 dozen	Worcestershire
bacon	1 lb	iceberg lettuce	1 head	almond flour	1 lb	sour cream	8 oz	beef bouillon
deli ham	1/2 lb	onion	2	pork rinds	1 pkg	cottage cheese	16 oz	hot sauce
salmon	2 filet	tomato	1	Stevia packets	sm box	butter	sticks	bakingpowder
chicken breast	1 lb	garlic	1 bulb	tomato sauce	11 oz	heavy whipping cream	pint	mustard
chicken thighs	4	mixed greens	1 bag	salsa	sm jar	sliced cheddar	1 pkg	mayo
		asparagus	1 bundle	100 cal. Nut pack	1 box	sliced muenster	1 pkg	Ranch dressing
		green beans	1 lb	pickle spears	1 jar	sliced provolone	1 pkg	
		green onions	1 bundle			shredded italian blend	1 lb	
		celery	sm pkg			grated parmesan	1 pkg	
		green pepper	1			fresh mozzarella	1 ball	
						shredded cheddar	1 lb	
						Babybel	1 bag	
						cream cheese	8 oz	
						Halo Top Ice Cream	pint	