



# KETO SHOPPING LIST

*Keto eating can be easy and delicious!*

Making keto swaps in your daily diet doesn't have to be complicated. Look for healthy lean proteins, nourishing fats, and lots of green, leafy veggies!

## PROTEINS

### Seafood

Clams  
Crab  
Crawfish  
Lobster  
Mussels  
Oysters  
Scallops  
Scampi  
Shrimp  
Squid

### Beef

Flank Steak  
Ground Beef  
Lean Roast  
Round  
Rump Steak  
Tenderloin  
Tournedos

### Poultry

Chicken (skinless)  
Eggs  
Fowl  
Quail  
Turkey  
Wild Birds

### Veal

Breast  
Cutlet  
Inside Round  
Scaloppini  
Rib  
Shank  
Shoulder  
Tenderloin

### Pork

Lean Ham  
Pork Tenderloin

### Fish

Anchovy  
Bass  
Catfish  
Cod  
Flounder  
Haddock  
Hake  
Halibut  
Mackerel  
Mahi-Mahi  
Monkfish  
Perch  
Pike  
Red Snapper  
Salmon (1x/week)  
Sea Bass  
Shark  
Smelt  
Sole  
Swordfish  
Tilapia  
Tuna (1x/week)  
Trout  
Turbot  
Walleye  
Whiting

### Other

Bison  
Deer  
Elk  
Frog Legs  
Kidney  
Lamb Loin  
Liver  
Moose  
Ostrich  
Rabbit  
Plain Tofu

## VEGETABLES

### Everyday Vegetables

Alfalfa  
Asparagus  
Bamboo Shoots  
Bean Sprouts  
Bell Peppers  
Broccoli  
Cabbage  
Cauliflower  
Celeriac  
Celery  
Chayote  
Chicory  
Collards  
Cucumber  
Dill Pickles  
Fennel  
Gai Lan (Chinese Broccoli)  
Green Onions  
Hot Peppers  
Jicama  
Kale  
Kohlrabi

Mushroom  
Okra  
Onions (raw only)  
Radish  
Rhubarb  
Sauerkraut  
Swiss Chard  
Turnip  
Zucchini/Yellow  
Summer Squash

### Leafy Green Vegetables

Arugula  
Bibb Lettuce  
Boston Lettuce  
Chicory Lettuce  
Escarole Lettuce  
Frisee Lettuce  
Green Leaf Lettuce  
Iceberg Lettuce  
Red Leaf Lettuce  
Romaine Lettuce  
Spinach  
Watercress Lettuce

## HEALTHY FATS

Almonds  
Avocado  
Butter (grass-fed)  
Cashews  
Chia seeds  
Coconut Milk (unsweetened)  
Coconut Oil  
Cottage Cheese

Cream Cheese  
Flax Seeds  
Heavy Whipping Cream  
MCT Oil  
Pistachios  
Pumpkin Seeds  
Sour Cream  
Walnuts

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