

Hello Keto Eater!

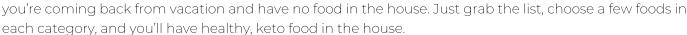
Life is hard. Keto (grocery shopping) doesn't have to be.

Here is your Keto Minimalist Shopping List!

This a super streamlined, basic list of keto foods. Print several copies and keep them on your fridge to help with meal planning and grocery shopping each week.

How do you use the shopping list?

Use it as a grab-and-go shopping list for super busy weeks when you don't have time to meal plan. You know, like when





⇒ Use it to challenge yourself to try NEW foods if you get in a keto eating rut.

Step 1—Print the list.

Print several copies and keep them on your fridge.

Tip: Use your phone to snap a photo of the list so you have it with you at all times.

Step 2—Identify your keto essentials.

The Keto Minimalist Shopping list is actually a pretty comprehensive checklist of keto foods. Now you can declutter that list. Grab a pen and...

Cross off any foods you don't like or will not eat or you very rarely buy. It's not that you can *never* eat that food, you just don't need to see it on the list if it's a rare thing.

Put a checkmark in the box in front of any foods you want on hand at all times. Do you have to have coffee, heavy cream, and butter? Put a checkmark in the box.

Is there anything else you eat every week or you consider a keto essential? Write it in one of the blank spaces.

Step 3—Keep a copy on your fridge at all times.

Your list is an ongoing shopping list. When you run low on a favorite keto food, put a check so you can pick it up next time you grocery shop.

When you do your meal planning, check any foods you need for your recipes.

I hope you find the Keto Minimalist Shopping list to be super helpful for you on your keto journey.

Be sure to visit TheKetoMinimalist.com for helpful tips, and simple recipes!

Keto Minimalist Shopping List

	FRESH PRODUCE	
Asparagus	Cauliflower	Onions
Avocado	Celery	Radishes
Bell peppers	Cucumber	Salad mix
Berries	Eggplant	Squash
Broccoli	Garlic	Tomatoes
Brussels sprouts	Green beans	
Cabbage	Greens	
Carrots	Mushrooms	
MEAT AND SEAFOOD		
Bacon	Lamb	Fish
Beef	Pork	Crab
Bison	Rotisserie chicken	Lobster
Chicken	Sausage	Scallops
Deli meat	Turkey	Shrimp
Ground beef / ground turkey		
DAIRY		
Butter	Eggs	Sour cream
Cheese	Greek yogurt, full fat	
Cream cheese, full fat	Heavy whipping cream	
	PANTRY ITEMS	
Avocado oil	Coffee	Nut butter
Beefjerky	Ghee	Pork rinds
Bone broth		
	Mayonnaise	Salad dressing
Canned tuna or salmon	Mayonnaise MCT oil	Seeds
Canned tuna or salmon Coconut butter		
	MCT oil	Seeds
Coconut butter	MCT oil Olive oil, extra virgin	Seeds
Coconut butter Coconut milk	MCT oil Olive oil, extra virgin Olives Nuts	Seeds
Coconut butter Coconut milk	MCT oil Olive oil, extra virgin Olives	Seeds
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