



Keto Minimalist Shopping List

Print this helpful checklist to use with weekly meal planning, or as a grab & go keto shopping list.

TheKetoMinimalist.com

Hello Keto Eater!

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

Here is your Keto Minimalist Shopping List!

This is 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 you're coming back from vacation and have no food in the house. Just grab the list, choose a few foods in each category, and you'll have healthy, keto food in the house.
- ⇒ Use it in combination with traditional meal planning as a checklist to be sure you have everything you need for an amazing week of keto eating.
- ⇒ 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

- | | | |
|---|--|---|
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Celery | <input type="checkbox"/> Radishes |
| <input type="checkbox"/> Bell peppers | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Salad mix |
| <input type="checkbox"/> Berries _____ | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Squash _____ |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Garlic | <input type="checkbox"/> Tomatoes _____ |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Green beans | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Greens _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Mushrooms _____ | <input type="checkbox"/> _____ |

MEAT AND SEAFOOD

- | | | |
|--|---|-------------------------------------|
| <input type="checkbox"/> Bacon | <input type="checkbox"/> Lamb _____ | <input type="checkbox"/> Fish _____ |
| <input type="checkbox"/> Beef _____ | <input type="checkbox"/> Pork _____ | <input type="checkbox"/> Crab |
| <input type="checkbox"/> Bison | <input type="checkbox"/> Rotisserie chicken | <input type="checkbox"/> Lobster |
| <input type="checkbox"/> Chicken _____ | <input type="checkbox"/> Sausage _____ | <input type="checkbox"/> Scallops |
| <input type="checkbox"/> Deli meat _____ | <input type="checkbox"/> Turkey _____ | <input type="checkbox"/> Shrimp |
| <input type="checkbox"/> Ground beef / ground turkey | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

DAIRY

- | | | |
|---|---|-------------------------------------|
| <input type="checkbox"/> Butter | <input type="checkbox"/> Eggs | <input type="checkbox"/> Sour cream |
| <input type="checkbox"/> Cheese _____ | <input type="checkbox"/> Greek yogurt, full fat | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cream cheese, full fat | <input type="checkbox"/> Heavy whipping cream | <input type="checkbox"/> _____ |

PANTRY ITEMS

- | | | |
|--|--|---|
| <input type="checkbox"/> Avocado oil | <input type="checkbox"/> Coffee | <input type="checkbox"/> Nut butter _____ |
| <input type="checkbox"/> Beef jerky | <input type="checkbox"/> Ghee | <input type="checkbox"/> Pork rinds |
| <input type="checkbox"/> Bone broth | <input type="checkbox"/> Mayonnaise | <input type="checkbox"/> Salad dressing _____ |
| <input type="checkbox"/> Canned tuna or salmon | <input type="checkbox"/> MCT oil | <input type="checkbox"/> Seeds _____ |
| <input type="checkbox"/> Coconut butter | <input type="checkbox"/> Olive oil, extra virgin | <input type="checkbox"/> Sweetener _____ |
| <input type="checkbox"/> Coconut milk | <input type="checkbox"/> Olives | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Coconut oil | <input type="checkbox"/> Nuts _____ | <input type="checkbox"/> _____ |

OTHER

- | | | |
|--------------------------------|--------------------------------|--------------------------------|
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |