

# Keto Meal Plan Shopping List

## Dairy & Deli

Eggs (18-24)  
2 pounds Sugar-Free Bacon  
8 ounces Uncured Ham  
3 8-ounce blocks Cheddar Cheese  
1 pound unsalted butter  
1 package Sliced Colby Jack Cheese  
Turkey Luncheon Meat - No Sugar  
Salami

## Vegetables

Green Onions  
5 avocado  
Salad Greens  
Broccoli  
Cucumber  
2 lemon 1 lime  
3 green bell pepper  
2 red bell pepper  
1 orange bell pepper  
1 yellow bell pepper  
1 bunch celery  
5 onions  
2 heads garlic  
1 pound Brussels sprouts  
Bib Lettuce  
1 ½ pounds green beans  
2 bunches fresh asparagus spears  
1 Tomato  
1 head cabbage  
4 ounces mushrooms  
2 pound carrots  
Riced cauliflower

## Meat

1 pound Ground Chicken Breast or  
Ground Pork  
4 pounds chicken breast or thighs  
1 pound Italian sausage  
2 4 pounds boneless beef chuck roast  
1 pound ground beef  
5-6 pound pork roast  
Salmon Fillet (one for each serving)  
1 pound chicken legs

## Pantry

Low carb salad dressing (ranch or  
Caesar)  
Low Carb Tortillas  
1 can Tuna  
Olive oil mayonnaise  
2 10 ounce cans Rotel  
1 8 ounces can no sugar added tomato  
sauce  
Coconut Amino's  
32-ounces beef broth  
White Wine (FitVine)  
4-ounce sliced almonds  
1 jar 12 ounce whole pepperoncini  
10 ounce chicken broth  
olive oil

## Notes