



The Ultimate Keto Grocery List

Always check the nutrition label to verify. There will be variances between manufacturers. Visit www.chowyoulater.com for more info!

Meats	Serving Size	Fat/Protein/Net Carbs
<input type="checkbox"/> St Louis Pork Ribs	3 oz	20g/13g/0g
<input type="checkbox"/> Ground Pork 85/15	3 oz	18g/20g/0g
<input type="checkbox"/> Ground Beef 85/15	4 oz	17g/21g/0g
<input type="checkbox"/> Pork Shoulder Roast	3 oz	16g/20g/0g
<input type="checkbox"/> Ground Lamb	4 oz	16g/20g/0g
<input type="checkbox"/> Beef Chuck Roast	3 oz	15g/16g/0g
<input type="checkbox"/> Beef Back Ribs	3 oz	15g/16g/0g
<input type="checkbox"/> Chicken Leg	3 oz	14g/14g/0g
<input type="checkbox"/> Pork Baby Back Ribs	3 oz	14g/16g/0g
<input type="checkbox"/> Chicken - Drumsticks skinless	4 oz	11g/21g/0g
<input type="checkbox"/> Chicken - Wings	4 oz	11g/22g/0g
<input type="checkbox"/> Chicken Thighs	4 oz	10g/21g/0g
<input type="checkbox"/> Beef Skirt Steak	3 oz	10g/22g/0g
<input type="checkbox"/> Lamb Leg	3 oz	10g/22g/0g
<input type="checkbox"/> Beef Top Round London Broil	3 oz	9g/16g/0g
<input type="checkbox"/> Beef Ribeye Steak	3 oz	9g/17g/0g
<input type="checkbox"/> Center Cut Pork Loin Chop	3 oz	8g/18g/0g
<input type="checkbox"/> Pork Loin Chop	3 oz	8g/18g/0g
<input type="checkbox"/> Beef Filet Mignon	3 oz	8g/26g/0g
<input type="checkbox"/> Pork Top Loin Center Cut Chop	3 oz	7g/18g/0g
<input type="checkbox"/> Lamb Loin Chop	3 oz	7g/24g/0g
<input type="checkbox"/> Beef New York Strip	3 oz	7g/26g/0g

Deli Meats	Serving Size	Fat/Protein/Net Carbs
<input type="checkbox"/> Porchetta	2 slices	10g/9g/1g
<input type="checkbox"/> Hot Dog	1 hot dog	10g/9g/0g
<input type="checkbox"/> Breakfast Pork Sausage	3 links	9g/7g/1g
<input type="checkbox"/> Chorizo	2 oz	9g/11g/1g
<input type="checkbox"/> Bacon	1 slice	8g/7g/1g
<input type="checkbox"/> Salami	1 oz	8g/7g/1g
<input type="checkbox"/> Pepperoni	1 oz	7g/6g/1g

Seafoods	Serving Size	Fat/Protein/Net Carbs
<input type="checkbox"/> Catfish Fillet	3 oz	6g/16g/0g
<input type="checkbox"/> Swordfish Steak	3 oz	6g/17g/0g
<input type="checkbox"/> Atlantic Salmon Fillet	3 oz	5g/17g/0g
<input type="checkbox"/> Rainbow Trout (whole)	3 oz	5g/17g/0g
<input type="checkbox"/> Sockeye Salmon	4 oz	5g/25g/0g
<input type="checkbox"/> Sardines (whole)	1 oz	4g/7g/0g
<input type="checkbox"/> Mussels	3 oz	4g/20g/0g
<input type="checkbox"/> Bronzini (whole)	3 oz	2g/16g/0g
<input type="checkbox"/> Chilean Sea Bass Fillet	3 oz	2g/16g/0g
<input type="checkbox"/> Littleneck Clams	6 clams	2g/22g/0g
<input type="checkbox"/> Salmon (Atlantic Steak)	1 oz	1g/6g/0g
<input type="checkbox"/> Tilapia Fillet	3 oz	1g/17g/0g
<input type="checkbox"/> White Shrimp	3 oz	1g/19g/0g

Veggies	Serving Size	Net Carbs
<input type="checkbox"/> Broccoli Rabe	1 cup	0 g
<input type="checkbox"/> Watercress	1 cup	0.27g
<input type="checkbox"/> Scallion	1 tbsp	0.28g
<input type="checkbox"/> Ginger Root	1 tbsp	0.36g
<input type="checkbox"/> Baby Spinach	1 cup	0.44g
<input type="checkbox"/> Romaine Lettuce	1 cup	0.51g
<input type="checkbox"/> Jalapeno	1 pepper	0.52g
<input type="checkbox"/> Collard Greens	1 cup	0.6g
<input type="checkbox"/> Celery	0.5 cup	0.69g
<input type="checkbox"/> Chard	1 cup	0.72g
<input type="checkbox"/> White Mushroom	0.5 cup	0.75g
<input type="checkbox"/> Bok Choy	1 cup	0.8g
<input type="checkbox"/> Garlic	1 tsp	0.87g
<input type="checkbox"/> Spinach	2 cup	0.9g
<input type="checkbox"/> Portabella Mushroom	0.5 cup	1.14g
<input type="checkbox"/> Asparagus	0.5 cup	1.2g
<input type="checkbox"/> Zucchini	0.5 cup	1.23g
<input type="checkbox"/> Green Bell Pepper	0.5 cup	1.32g
<input type="checkbox"/> Shallots	1 tbsp	1.38g
<input type="checkbox"/> Kale	2 cup	1.6g
<input type="checkbox"/> Cauliflower	0.5 cup	1.6g
<input type="checkbox"/> Red Bell Peppers	0.5 cup	1.83g
<input type="checkbox"/> Okra	0.5 cup	2.1g
<input type="checkbox"/> Eggplant	1 cup	2.3g
<input type="checkbox"/> Cabbage	1 cup	2.8g
<input type="checkbox"/> Cucumber	1 cup	3.3g
<input type="checkbox"/> Tomato	1 tomato	3.3g
<input type="checkbox"/> Romanesco Broccoli	1 cup	3.6g
<input type="checkbox"/> Yellow Squash	1 squash	4g
<input type="checkbox"/> Carrots	1 carrot	4.3g
<input type="checkbox"/> Brussel Sprouts	1 cup	4.7g

Nuts & Seeds	Serving Size	Fat/Protein/Net Carbs
<input type="checkbox"/> Macadamia Nuts	0.25 cup	23g/2g/1g
<input type="checkbox"/> Pecans	0.25 cup	20g/3g/1g
<input type="checkbox"/> Pine Nuts	0.25 cup	19g/4g/3g
<input type="checkbox"/> Brazil Nuts	6 pieces	19g/4g/1g
<input type="checkbox"/> Walnuts	0.25 cup	18g/4g/2g
<input type="checkbox"/> Hazelnuts	0.25 cup	18g/4g/2g
<input type="checkbox"/> Peanuts	0.25 cup	15g/8g/1g
<input type="checkbox"/> Pumpkin Seeds	0.25 cup	15g/9g/2g
<input type="checkbox"/> Hemp Seeds	3 tbsp	15g/10g/0g
<input type="checkbox"/> Almonds	0.25 cup	14g/6g/2g
<input type="checkbox"/> Sunflower Kernel	0.25 cup	14g/6g/3g

Fruits	Serving Size	Net Carbs
<input type="checkbox"/> Avocado	0.25 avocado	0.9g
<input type="checkbox"/> Raspberries	0.5 cup	3g
<input type="checkbox"/> Blackberries	0.5 cup	3g
<input type="checkbox"/> Lemon	1 lemon	3.4g
<input type="checkbox"/> Strawberries	1 cup	4.6g

Dairy & Eggs	Serving Size	Fat/Protein/Net Carbs
<input type="checkbox"/> Butter	1 tbsp	11g/0g/0g
<input type="checkbox"/> Hemp Milk	1 cup	8g/1g/2g
<input type="checkbox"/> Heavy Cream	1 tbsp	5g/0g/1g
<input type="checkbox"/> Eggs	1 egg	5g/0g/6g
<input type="checkbox"/> Coconut Milk	0.33 cup	5g/1g/1g
<input type="checkbox"/> Almond Milk	1 cup	4g/0g/1g

Cheese	Serving Size	Fat/Protein/Net Carbs
<input type="checkbox"/> Gouda	1 slice	10g/7g/0g
<input type="checkbox"/> Cheddar	1 slice	9g/7g/0g
<input type="checkbox"/> Colby Jack	1 oz	9g/7g/1g
<input type="checkbox"/> Blue Cheese	1 slice	8g/6g/1g
<input type="checkbox"/> Pepper Jack	1 slice	8g/7g/0g
<input type="checkbox"/> Monterey Jack	1 oz	8g/7g/0g
<input type="checkbox"/> Swiss Cheese	1 slice	7g/7g/0g
<input type="checkbox"/> Paneer	1 oz	7g/7g/0g
<input type="checkbox"/> Mozzarella	1 slice	7g/7g/1g
<input type="checkbox"/> Cream Cheese	2 tbsp	7g/2g/1g
<input type="checkbox"/> Goat Cheese	1 slice	6g/5g/1g
<input type="checkbox"/> Feta Cheese	1 oz	4g/5g/1g

Pantry	Serving Size	Fat/Protein/Net Carbs
<input type="checkbox"/> Almond Butter	2 tbsp	17g/4g/7g
<input type="checkbox"/> Extra Virgin Olive Oil	1 tbsp	14g/0g/0g
<input type="checkbox"/> Coconut Oil	1 tbsp	14g/0g/0g
<input type="checkbox"/> Avocado Oil	1 tbsp	14g/0g/0g
<input type="checkbox"/> MCT Oil	1 tbsp	14g/0g/0g
<input type="checkbox"/> Mayonnaise	1 tbsp	12g/0g/0g
<input type="checkbox"/> Albacore canned tuna	2 oz	6g/14g/0g
<input type="checkbox"/> Bone Broth - Chicken	1 cup	1g/10g/0g
<input type="checkbox"/> Apple Cider Vinegar	1 tbsp	0g/0g/0g
<input type="checkbox"/> Dill Pickle	1 oz	0g/0g/0g
<input type="checkbox"/> Stevia	1 scoop	0g/0g/0g
<input type="checkbox"/> Hot Sauce	-	0g/0g/0g
<input type="checkbox"/> Mustard	1 tsp	0g/0g/0g
<input type="checkbox"/> Monkfruit Sweetener	1 tsp	0g/0g/0g
<input type="checkbox"/> Shirataki Noodles	3 oz	0g/0g/0g
<input type="checkbox"/> Sauerkraut	0.25 cup	0g/0g/0g
<input type="checkbox"/> Coconut Aminos	1 tsp	0g/0g/1g

Notes: