



CHOMP SHOPPER

KETO GROCERY LIST

FOR BEGINNERS

ABOUT 7 DAYS

2 ADULTS

FREE PRINTABLE

WEEK OF _____

PRODUCE

12

- ☐ Baby spinach 2 bags (5 oz)
- ☐ Romaine hearts pack of 3
- ☐ Broccoli 2 heads
- ☐ Cauliflower 1 head or 2 bags riced
- ☐ Zucchini 3
- ☐ Avocados 5
- ☐ Bell peppers 3
- ☐ Cucumber 2
- ☐ Mushrooms 8 oz
- ☐ Lemons 2
- ☐ Garlic 1 head
- ☐ Raspberries 6 oz

MEAT & SEAFOOD

4

- ☐ Chicken thighs 3 lb
- ☐ Ground beef (80/20) 2 lb
- ☐ Salmon fillets 1 lb
- ☐ Bacon (no added sugar) 1 lb

DAIRY & EGGS

6

- ☐ Eggs 2 dozen
- ☐ Butter 1 lb
- ☐ Heavy cream 1 pint
- ☐ Shredded cheddar 8 oz
- ☐ Fresh mozzarella 8 oz
- ☐ Cream cheese 8 oz

PANTRY

3

- ☐ Almonds or pecans 12 oz
- ☐ Avocado oil mayo 1 jar
- ☐ Chicken broth 32 oz

FROZEN

2

- ☐ Riced cauliflower 2 bags
- ☐ Green beans 1 bag

CANNED & JARRED

2

- ☐ Canned tuna 3 cans
- ☐ Sugar-free marinara 1 jar

SNACKS

1

- ☐ Pork rinds 1 bag

✗ SKIP OR LIMIT

Bread, pasta, rice, cereal
Sugar, candy, soda, juice
Potatoes, corn, starchy veg
Beans and lentils
Most fruit (a few berries are OK)
Ketchup, BBQ sauce, many dressings

SWAP, DON'T SKIP

~~Rice~~ → Cauliflower rice
~~Pasta~~ → Zucchini noodles
~~Bread~~ → Lettuce wraps
~~Tortillas~~ → Low-carb tortillas
~~Breadcrumbs~~ → Crushed pork rinds

KETO PANTRY STAPLES

- ☐ Extra-virgin olive oil
- ☐ Coconut oil
- ☐ Chia seeds
- ☐ Almond flour
- ☐ Zero-calorie sweetener
- ☐ Chicken or beef broth
- ☐ Smoked paprika
- ☐ Full-fat coconut milk
- ☐ Yellow mustard
- ☐ Avocado oil (high heat)
- ☐ Pecans or macadamias
- ☐ Unsweetened almond butter
- ☐ Coconut flour
- ☐ Avocado or olive oil mayo
- ☐ Salt, pepper, garlic powder
- ☐ Canned tuna or salmon
- ☐ Sugar-free marinara
- ☐ Hot sauce

SHOPPING TIPS

- 1 Read the back, not the front**
Check total carbs, fiber and serving size. "Keto" claims don't guarantee much.
- 2 Shop the edges first**
Produce, meat and dairy line the outside of the store.
- 3 Buy family packs**
Freeze chicken thighs and ground beef in meal-sized bags.
- 4 Lean on frozen veg**
Buy only the fresh produce you'll use in 4–5 days.
- 5 Skip keto snack products**
Nuts, cheese, eggs and pork rinds are cheaper.
- 6 Keep easy options**
Hard-boiled eggs, tuna and cheese save busy days.