



Healthier Life for Everyone

Comprehensive Grocery List

All the Ingredients You'll Need for Our Keto Recipes

Essential Items for Every Keto Kitchen

Ketolicious Flatbread	Pink Himalayan Salt or Sea Salt	Ground Black Pepper
Olive Oil	Butter	Whipping Cream
Turkey – <i>cold cuts</i>	Cream Cheese	Feta Cheese
Eggs	Lemon	Onion
Garlic	Cherry Tomatoes	Parsley
Rocca	Spinach	Avocado
Cucumber	Green Onions	Lettuce

Main Meal Protein – *get at least 3*

Ketolicious Chicken Escalope	Chicken Breast – <i>Boneless & Skinless</i>	Chicken Thighs
Chicken thighs – <i>Boneless</i>	Chicken Liver	Ground Beef – <i>20% Fat</i>
Steak	Beef Chops	Lamb Liver
Salmon		

Cheese & Other Protein – *get at least 5*

Tuna – in water	Smoked Salmon	Parmesan
Cheddar Cheese	Halloumi	Mozzarella
White Cheese - (<i>Akkawi or Nabulsi</i>)	Labneh	

Vegetables & Greens

Fresh Basil	Bell Pepper – (<i>green & red</i>)	Broccoli
Carrot	Cauliflower	Celery
Dill	Fresh Cilantro	Fresh Mint Leaves
Cabbage - (<i>green & red</i>)	Iceberg Lettuce	Molokhia
Mushrooms	Olives	Radish
Tomatoes		

Condiments and sauce

Apple Cider Vinegar	Balsamic Vinegar	Broth - (<i>beef & chicken</i>)
Ketolicious Caesar Dressing	Pickles – (<i>dill & regular</i>)	Mayonnaise
Mustard (<i>dijon & yellow</i>)	Tahini	Tomato Paste
Yogurt		

Herbs, Spices, & Seeds

Almonds	Chili Flakes	Grounded Cumin
Dried Mint	Garlic Powder	Ground Coriander
Italian Seasoning	Broth Herbs - (<i>Maggie we use Bzuriyeh</i>)	Mixed Spices
Oregano	Paprika	Pumpkin Seeds
Salad Herbs & Spices	Sour Cream	Sumac

Just a reminder: Don't forget to add the keto snacks you decide to go for to this list (Select 2 options)