

Basic & Cheap Keto Necessities

- eggs
- grass-fed butter
- chicken (thighs, breast, or whole chicken)
- broccoli or green beans (frozen will probably be cheaper than fresh)
- almonds
- spices

Extended Grocery List for Eating Keto on a Budget

Protein

- bacon
- chicken (thighs, legs, breasts, or whole chicken)
- canned tuna
- canned sardines
- salmon
- ground beef or ground chuck
- pork belly or pork shoulder or ham
- eggs

Optional, Pricier Foods

- coconut flour
- erythritol
- chia seeds
- macadamia nuts

Dairy

- grass-fed butter
- blocks of hard cheese
- cottage cheese
- heavy cream
- sour cream
- greek yogurt

Produce

- avocado
- broccoli
- cauliflower
- green beans
- asparagus
- lettuce
- spinach
- zucchini
- mushrooms
- blueberries

Fat

- almonds
- walnuts
- olive oil
- coconut oil

Spices & Herbs

- cumin
- cayenne
- garlic powder
- basil
- rosemary
- oregano
- cilantro