

SlimFast **KETO**

ONE WEEK KETO GROCERY LIST

SLIMFAST KETO

14 MEAL REPLACEMENTS 21 SNACKS

- SlimFast Keto Meal Shake Mix
- SlimFast Keto Meal Bars
- SlimFast Keto Fat Bombs (Snack)
- SlimFast Keto Creamer (Snack)

SLIMFAST KETO

BASICS

- SlimFast Keto Ketone Test Strips
- SlimFast Keto MCT Oil

DRY/BAKED GOODS

- 100-Calorie Pack Nuts
- Beef Jerky
- Powdered Peanut Butter
- Pork Rinds

CANNED GOODS/ CONDIMENTS

- Baking Powder
- Canned Tuna
- Garlic Powder
- Grated Parmesan Cheese
- Ground Black Pepper
- Mayonnaise
- Onion Powder
- Olive Oil
- Paprika
- Salt
- Worcestershire Sauce

MEAT

- Bacon
- Chicken Thighs
- Chicken Wings
- Flank Steak
- Ground Beef
- Ground Turkey
- Salmon
- Spanish Chorizo
- Tilapia

PRODUCE

- Asparagus
- Avocado
- Baby Arugula
- Broccoli Rabe
- Celery
- Cucumbers
- Fresh Parsley
- Fresh Spinach
- Garlic
- Grape Tomatoes
- Green Leaf Lettuce
- Lemon
- Onion
- Red Bell Pepper
- Shallots
- Squash
- Zucchini

DAIRY

- Butter
- Cheddar Cheese, Shredded
- Cheddar Cheese, Sliced
- Cream Cheese
- Eggs
- Goat Cheese
- Mozzarella Cheese Sticks
- Smoked Gouda Cheese, Cubed
- Whole Milk