

CATEGORY	KETO PARTY GROCERY LIST
Baking	Almond Flour
	Almond Flour Meal (substitute almond flour)
	100% Cacao Natural Unsweetened (i.e. Hershey's)
	Baking Powder
	Swerve Confectioners
	Swerve Granular (substitute Swerve Confectioners)
	Vanilla Extract
Canned Goods	Canned Mushroom Pieces
	No Sugar Added Pizza Sauce (i.e. Rao's Brand)
	Jalapeno Peppers (optional)
Condiments	Full-Fat Mayonnaise
	Dijon Mustard
Dairy	Butter
	Regular Cream Cheese
	Whipped Cream Cheese (subs. Softened regular)
	Feta Cheese Crumbles
	Mozzarella Cheese, shredded
	Eggs
	Heavy Whipping Cream
Meat	Ground Beef
	Beef Chuck Steak
Miscellaneous	Coconut Oil
	Natural Peanut Butter
	Almond Butter
	Lemon Juice
	Extra Virgin Olive Oil
	Sea Salt (substitute regular salt)
	Worcestershire Sauce
	Pork Rinds
Nuts & Seeds	Raw Sunflower Seeds
	Walnuts
Produce	Avocado
	Fresh Basil Leaves (substitute 1.5 tsp dried)
	Garlic (minced)
	Grape Tomatoes
	Fresh Mushrooms
	Green Onions
	Onions
	Green Bell Pepper
	Red Bell Peppers
	Mixed Salad Greens (a.k.a. Spring Mix)
	Spinach
	Tomatoes
Spices	Garlic Powder
	Jane's Crazy Salt (salt,dill weed, garlic & onion powder)
	Paprika
	Parsley
	Italian Seasoning

