



## Keto Grass-fed Ground Beef Meals Shopping List

### Produce (or Frozen)

#### Leafy Greens:

- 1 head Bibb, Romaine, or green leaf lettuce
- 1 head green cabbage, kale, or chard

#### Cruciferous Veggies:

- 1 head cauliflower, or 1 bag fresh or frozen riced cauliflower

#### Other Vegetables:

- 1 large white or red onion
- 1 head garlic
- 1 bunch green onions

#### Fruits:

- 2 large avocados, or 1 package prepared keto-friendly guacamole
- 1 pint cherry tomatoes

### Meat

- 3 pounds grass-fed ground beef

### Dairy (organic and grass-fed preferred)

- 1 package shredded cheddar cheese
- 1 small container sour cream (if desired)

### Healthy Fats & Oils

- 1 bottle avocado or olive oil

### Pantry & Prepared Items

- 1 bottle Primal Kitchen No-Soy Teriyaki Sauce
- 1 can chipotle peppers in adobo sauce
- 1 jar toasted sesame seeds
- 1 small bottle sesame oil (toasted sesame oil is fine too)
- 1 container beef bone broth
- 1 jar ground ginger
- 1 jar ground cumin
- 1 jar red pepper flakes
- 1 box salt (any type you prefer)
- 1 jar sliced pickles (no added sugar)
- 1 package prepared pico de gallo (no added sugar)