

Keto Starter Checklist

Your simple week-one keto shopping list.

Starter rules

- 1 **Keep week one simple and repetitive.** A short list of foods you like is easier to shop for and cook than a long, fancy menu.
- 2 **Build meals from three parts:** a protein + low-carb vegetables + a fat source. That's it.
- 3 **Read labels for added sugar.** Sauces, dressings, and packaged snacks can hide it. Plain versions are usually the safer pick.
- 4 **Plan a few repeat meals.** Two or three meals you can rotate all week take the guesswork out of shopping.
- 5 **Keep easy snacks on hand.** Having something ready makes it easier to stick with your plan on busy days.
- 6 **Keep drinks plain.** Water, unsweetened tea, and coffee without sugar keep things simple.

Simple 3-meal repeat ideas

Ideas only, not a set plan. Mix, match, and swap for foods you enjoy.

IDEA 1

Eggs + sautéed spinach

Cook in butter or olive oil. Add cheese if you like.

IDEA 2

Chicken + green salad + olive oil

Top the salad with cucumber, avocado, or olives.

IDEA 3

Salmon + broccoli + butter

Roast or pan-cook. Season with salt, pepper, and lemon.

Before you shop

- | | |
|--|---|
| ☐ Pick 2–3 repeat meals for the week | ☐ Tick the items you need on pages 2–3 |
| ☐ Check what you already have at home | ☐ Choose 2–3 easy snacks |

Week-one grocery checklist

Tick off what you need before you shop. You don't need every item. Pick what fits your meals.

Proteins

- ☐ Eggs
- ☐ Chicken thighs or drumsticks
- ☐ Chicken breast
- ☐ Ground beef
- ☐ Ground turkey
- ☐ Salmon fillets
- ☐ Canned tuna or salmon
- ☐ Shrimp
- ☐ Steak or beef strips

Healthy fats & oils

- ☐ Olive oil
- ☐ Butter
- ☐ Avocados
- ☐ Avocado oil
- ☐ Coconut oil
- ☐ Olives
- ☐ Mayonnaise (check the label for sugar)

Low-carb vegetables

- ☐ Spinach
- ☐ Broccoli
- ☐ Cauliflower
- ☐ Zucchini
- ☐ Lettuce or mixed salad greens
- ☐ Cucumber
- ☐ Green beans
- ☐ Mushrooms
- ☐ Cabbage
- ☐ Bell peppers

Dairy (optional)

- ☐ Hard cheese (block or shredded)
- ☐ Cream cheese
- ☐ Heavy cream
- ☐ Sour cream
- ☐ Plain unsweetened full-fat yogurt
- ☐ Soft cheese slices or sticks

Pantry & seasonings

- ☐ Salt
- ☐ Black pepper
- ☐ Garlic powder
- ☐ Onion powder
- ☐ Paprika
- ☐ Dried mixed herbs
- ☐ Mustard (no added sugar)
- ☐ Vinegar
- ☐ Broth or stock

Drinks

- ☐ Water
- ☐ Unflavored sparkling water
- ☐ Unsweetened tea
- ☐ Herbal tea
- ☐ Coffee (no sugar)
- ☐ Warm broth

Easy snacks

- ☐ Hard-boiled eggs
- ☐ Cheese cubes or sticks
- ☐ Almonds
- ☐ Walnuts or pecans
- ☐ Unsweetened nut butter
- ☐ Celery sticks
- ☐ Cucumber slices
- ☐ Olives
- ☐ Sliced cold meat (no added sugar)

My extras

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Usually skip in week one

These are higher in carbs, so most keto plans leave them out at the start.

- Sugary drinks, soda, and juice
- Bread, pasta, and rice
- Most sweets, desserts, and candy
- Breakfast cereals and granola
- Potatoes and chips
- Crackers and baked goods
- Sweetened yogurt and flavored milk
- Sweet sauces like ketchup
- Most fruit (small portions of berries are a common exception)
- Beans and lentils