



The *fuel-good*

# keto- happy

shopping list  
for beginners

healthline

# hello

You've probably been hearing a lot of buzz around the keto diet, which has very specific requirements of being low-carb, moderate-protein, and high-fat. Our version will be focused on the standard ketogenic diet: 75 percent fat, 20 percent protein, and only 5 percent carbs. For a 1,600 calorie diet, this is 1,200 grams of fat, 320 grams of protein, and 80 grams of carbs.

Our simple shopping list is based off of delicious recipes that'll launch your keto journey beyond the first week. It keeps to the basics, so you'll feel confident and inspired to keep going, on your own terms.

# Your keto-friendly basket

These ingredients were selected in mind for flexibility, affordability, and ease — meaning if you want to whip up your own nutritious, keto-friendly recipes, you can! As long as you stick to this shopping list, your meals can be keto-friendly.

## PRODUCE

- 1 cup **mushrooms**
- 5 **garlic cloves**
- ½ **head green cabbage**
- 1 small bunch **scallions**
- ½ **white onion**
- 1 **red bell pepper**
- 2 ½ cups **spinach**
- 2 cups **romaine**
- 12 **cherry tomatoes**
- ½ **avocado**
- ½ **lime**

## PROTEINS

- 4 **chicken breasts**
- ⅓ lb. **ground beef**
- ¼ lb. **breakfast sausage**  
(chicken or pork)
- 2 slices **uncured bacon**



## PANTRY STAPLES

- 1 ¼ cup **chicken or beef broth**
- ¼ cup + 1 tbsp. **coconut cream**
- 1 tbsp. **almond flour**
- ¼ cup **coconut aminos**
- ½ tsp. **vanilla extract**
- 2 tbsp. **cocoa powder**
- ¼ tsp. **monk fruit extract**
- ½ cup **almond butter**



## EGGS AND DAIRY

- 2 tbsp. **cream cheese**
- 6 **eggs**
- ½ cup **plain goat milk yogurt**
- 2 tbsp. **bleu cheese**
- ¼ cup (4 tbsp.) **salted butter**

## SPICES AND OILS

- garlic powder**
- sea salt**
- pepper**
- ground ginger**
- cinnamon**
- coconut oil**
- sesame oil**
- avocado oil**



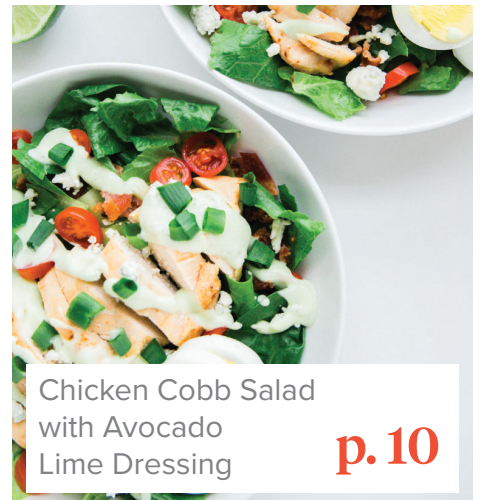
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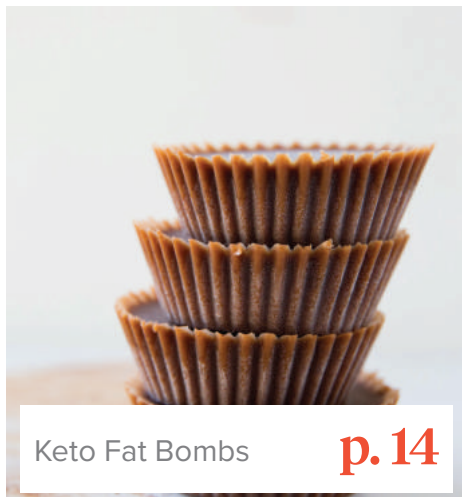
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# Creamy Garlic Mushroom Chicken

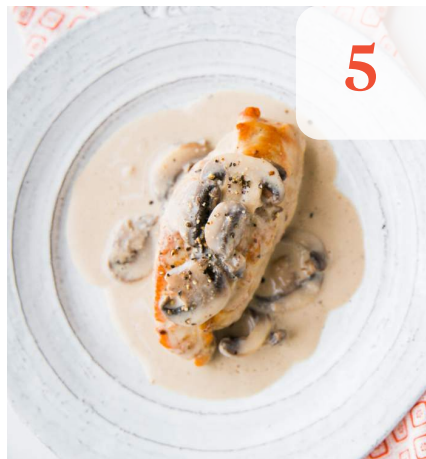
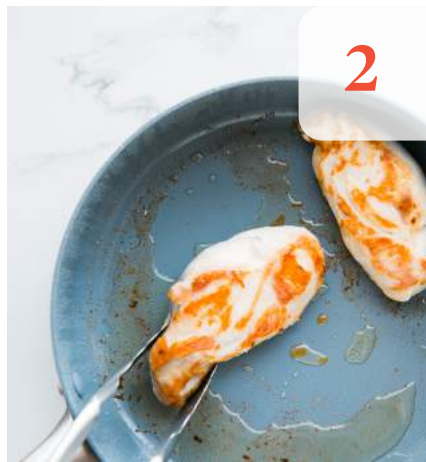
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Calories: 280.5 per serving, Carbs: 6.6g per serving, Fat: 15.05g per serving  
Protein: 31.25g per serving, Fiber: 1.75g per serving

**Serves:** 2 **Time:** 30 minutes

## **Ingredients:**

2 boneless, skinless **chicken breasts**  
1 tbsp. **avocado oil**  
1 cup **mushrooms**, sliced  
2 **garlic cloves**, crushed and minced  
½ -1 cup **chicken broth**  
¼ cup **coconut cream**  
2 tbsp. **cream cheese** (optional\*)  
½ tsp. **garlic powder**  
½ tsp. **pink salt**  
½ tsp. **pepper**  
1 tbsp. **almond flour**



**Dry Farm Wines pairing:** Elevate and cut through the fattiness of this creamy, savory dish with a bright white wine. Try a crisp, clean Muscadet from Loire Valley or Gruner Veltliner from Austria. Serve chilled.

**Directions:**

1. In a medium skillet, over medium-high heat, add the avocado oil.
2. Place the chicken breasts in the skillet and cook for 3-5 minutes on each side, or until golden brown. Continue cooking the chicken until the internal temperature reaches 165°F. Remove and set aside.
3. Reduce heat to medium and add in the sliced mushrooms and garlic, cooking for about 5 minutes, or until tender. Remove and set aside.
4. Add the chicken broth, coconut cream, cream cheese, garlic powder, almond flour, and salt and pepper to the skillet. Stir until well-combined.
5. Cover and cook for 2 minutes, then add in the mushrooms and garlic, followed by the chicken. Stir until evenly coated.
6. Cover and cook for 5 minutes and serve immediately.



# Egg Roll in a Bowl

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Calories: 210.25 per serving, Carbs: 6.05g per serving, Fat: 8.25g per serving  
Protein: 25.83g per serving, Fiber: 25.83g per serving

**Serves:** 2 **Time:** 20 minutes

## **Ingredients:**

⅓ lb. **ground beef**, cooked  
½ head **small green cabbage**, thinly sliced  
¼ **white onion**, chopped  
½ **red bell pepper**, chopped  
1-2 tsp. **ground ginger**  
½ tsp. **garlic powder**  
**sea salt and pepper** to taste  
½ tbsp. **sesame oil**  
½ tbsp. **coconut oil**  
¼ cup **coconut aminos**  
1 tbsp, - ¼ cup **beef bone broth**  
**Topping:** **chopped green onions** and **sesame seeds**





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***Dry Farm Wines pairing:*** Pair the savory, salty, exotic flare of this dish with a fuller bodied rosé or light red. Try a Cabernet Franc rosé from Chinon, France. Or, grab a lighter red wine like a Poulsard or Trousseau from the Jura region. If you go red, serve chilled.

***Directions:***

1. In a medium saucepan, over medium heat, add in the cabbage, onion, red bell pepper, ginger, garlic powder, salt, pepper, sesame oil, and coconut oil. Stir until well-combined.
2. Cook, stirring occasionally, for about 7-8 minutes.
3. Add in the beef, coconut aminos, and chicken broth. Stir and cook for an additional 5-10 minutes and serve topped with chopped green onions and sesame seeds.



# Chicken Cobb Salad with Avocado Lime Dressing

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Salad nutrition- Calories: 284 per serving, Carbs: 4.4g per serving, Fat: 4g per serving, Protein: 37.6g per serving, Fiber: 1.2g per serving

**Serves:** 2 **Time:** 10 minutes

## **Ingredients:**

2 cups **spinach**, divided  
2 cups **romaine**, chopped and divided  
2 slices of **bacon**, cooked and divided  
2 boneless, skinless **chicken breasts**, cooked and sliced  
6 **cherry tomatoes**, sliced and divided  
2 **hard boiled eggs**, divided  
2 tbsp. **bleu cheese**, divided  
Toppings: **green onions**

### **Avocado lime dressing ingredients:**

½ avocado

3 garlic cloves, chopped

juice of ½ lime

½ tbsp. avocado oil

½ cup plain goat milk yogurt

sea salt and pepper to taste

Dressing nutrition- Calories: 226 per serving,  
Carbs: 11g per serving, Fat: 19.1g per serving,  
Protein: 4.9g per serving, Fiber: 3.9g per serving



### **Dry Farm Wines pairing:**

Salads like this one always benefit from a fuller, more textured white wine. Strike a balance by drinking a fuller bodied white like Aligoté from France, Falanghina from Northern Italy, or Callet from Mallorca (a native Mallorcan varietal).

### **Directions:**

1. Add all the ingredients for the dressing into a high-speed blender, blending until well-combined. Place in a glass jar and keep in the fridge until ready to use.
2. In two bowls add the spinach, romaine, bacon, chicken, eggs, and bleu cheese.
3. Drizzle with dressing and serve.



# Egg Muffins with Sausage and Vegetables

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Calories: 125 per muffin, Carbs: 2.23g per muffin, Fat: 9.3g per muffin, Protein: 4.8g per muffin, Fiber: 0.52g per muffin

**Serves:** 2 (makes 4-6 muffins) **Time:** 25 minutes

## **Ingredients:**

4 **eggs**, whisked  
¼ lb. **breakfast sausage**, cooked  
½ cup **spinach**, chopped  
½ **red bell pepper**, chopped  
¼ **white onion**, chopped  
6 **cherry tomatoes**, sliced  
1 tbsp. **coconut cream**  
sea **salt and pepper** to taste



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***Dry Farm Wines pairing:*** Sausage, bell pepper, onion, and tomatoes are all delicious Italian flavors, so don't overthink the wine; go Italian red. Try Sangiovese or Aglianico, both beautiful and complex Italian varietals.

***Directions:***

1. Preheat the oven to 350°F.
2. In a medium-sized bowl add in all of the ingredients, stirring until well-combined.
3. Grease a muffin pan with coconut oil and gently pour in the egg mixture.
4. Cook for 20-25 minutes, or until golden.



# Keto Fat Bombs

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Calories: 241 per fat bomb, Carbs: 2.6g per fat bomb, Fat: 26.6g per fat bomb, Protein: 1.1g per fat bomb, Fiber: 1.5g per fat bomb

**Makes:** 4 fat bombs **Time:** 35 minutes

## **Ingredients:**

¼ cup **butter**

½ cup **almond butter**

¼ cup **coconut oil**

2 tbsp. **cocoa powder**

½ tbsp. **cinnamon**

½ tsp. **vanilla extract**

¼ tsp. **monk fruit sweetener**



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***Dry Farm Wines pairing:***

This may be surprising, but a dessert like this calls for sparkling, aromatic sweet wine. Try a dry Prosecco from Italy or Cremant from France; both have medium bodies, fluffy textures, and juicy hints of fleshy white fruit.

***Directions:***

1. In a small pot, over medium-low heat, add in the butter, almond butter, coconut oil, cocoa powder, and cinnamon.
2. Continue stirring until everything is well-combined, about 5-6 minutes.
3. Remove from heat and add in the vanilla and monk fruit sweetener. Stir.
4. In a lined muffin pan gently pour the mixture into 4 spaces.
5. Place pan in the freezer for 30-35 minutes, or until ready to serve.

# Update your pantry

Clear out any tempting carb-heavy items in your fridge and pantry, such as sugar, processed foods, breads and grains, starchy vegetables, and other natural sweeteners. Listed below is the recommended amount needed for each recipe, but we recommend doubling up on the produce and proteins so you can whip up your own recipe creations at home!



# Your keto-friendly basket

As long as you stick to this shopping list, your meals can be keto-friendly.

## PRODUCE

- 1 cup mushrooms
- 5 garlic cloves
- ½ head green cabbage
- 1 small bunch scallions
- ½ white onion
- 1 red bell pepper
- 2 ½ cups spinach
- 2 cups romaine
- 12 cherry tomatoes
- ½ avocado
- ½ lime

## PANTRY STAPLES

- 1 ¼ cup chicken or beef broth
- ¼ cup + 1 tbsp. coconut cream
- 1 tbsp. almond flour
- ¼ cup coconut aminos
- ½ tsp. vanilla extract
- 2 tbsp. cocoa powder
- ¼ tsp. monk fruit extract
- ½ cup almond butter

## PROTEINS

- 4 chicken breasts
- ⅓ lb. ground beef
- ¼ lb. breakfast sausage  
(chicken or pork)
- 2 slices uncured bacon

## EGGS AND DAIRY

- 2 tbsp. cream cheese
- 6 eggs
- ½ cup plain goat milk yogurt
- 2 tbsp. bleu cheese
- 4 tbsp. salted butter

## SPICES AND OILS

- garlic powder
- sea salt
- pepper
- ground ginger
- cinnamon
- coconut oil
- sesame oil
- avocado oil

# Experiencing keto-flu

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You may experience the “keto flu” in the first few days of this diet — don’t worry it only lasts a few days. Some of the symptoms you may experience are:

## SYMPTOMS

- low energy and mental function
- headaches
- increased hunger
- insomnia
- nausea
- digestive discomfort
- decreased exercise performance
- possibly low libido

## To combat these symptoms...

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...or minimize them, try carb-cycling two to three days per week until you’re fully ready to approach the low-carb or no-carb keto diet. If you notice a large drop in your water weight, you may want to drink more electrolytes. Out of balance electrolytes can increase the intensity of your symptoms. To counter this, drink bone broth for sodium, water with apple cider vinegar for potassium, or eat a piece of dark chocolate for magnesium.

# healthline

Writing and images: Ayla Sadler

Edited by: Christal Yuen

Design: Andie Hodgson