

The Meat Free Keto Ultimate Vegan Keto Shopping List

Nuts:

- Almonds (p)
- Brazil nuts
- Cashews*
- Hazelnuts/filberts
- Macadamia nuts
- Pecans
- Peanuts
- Pine nuts*
- Pistachios*
- Walnuts

Seeds:

- Chia seeds
- Flax seeds
- Hemp seeds (p)
- Pumpkin seeds (p)
- Sunflower seeds (p)

Key:

- * higher carbs
- (p) good protein source

Other Whole Food Fat Sources:

- Avocados
- Coconut
- Olives

Nut & Seed Butters:

- Almond butter (p)
- Coconut butter/coconut manna
- Hazelnut butter
- Macadamia nut butter
- Peanut butter (p)
- Pecan butter
- Sunflower seed butter
- Tahini
- Walnut butter

Healthy Oils:

- Almond oil
- Avocado oil
- Cacao butter
- Coconut oil
- Flaxseed oil
- Hazelnut oil
- Macadamia nut oil
- MCT oil
- Olive oil
- Walnut oil

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Low Carb Vegetables:

Artichoke hearts	Fiddleheads
Arugula	Garlic
Asparagus	Jicama*
Bell peppers	Kale*
Beets*	Kohlrabi (n)
Bok choy	Lettuce (all types)
Broccoli	Mushrooms
Brussels sprouts*	Mustard greens
Cabbage	Okra
Carrots*	Onion*
Cauliflower	Radishes
Celery	Rhubarb
Celeriac*	Rutabaga*
Chard	Shallots
Collards	Spinach
Cucumbers	Squash – winter*
Daikon radish	Squash – summer
Dandelion greens	Swiss chard
Eggplant	Turnips
Endive	Zucchini
Fennel	

Low Carb Fruits:

Avocado
Blueberries*
Coconut
Cranberries
Lemon
Lime
Olives
Raspberries
Strawberries
Tomatoes
Watermelon*

Sauces & Condiments:

Chili sauce
Hot sauce
Hummus*
Mustard
Soy sauce/Tamari
Salsa
Tomato sauce
Vinegar

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Low Carb Vegan Pantry

Staples:

Almond flour
Artichoke hearts
Baking powder
Baking soda
Coconut flour
Coconut milk (canned, full fat)
cocoa or cacao powder
Dark chocolate (85% and up)
Glucomannan powder
Hearts of palm
Jackfruit (green, canned in brine)
Psyllium husk
Nutritional yeast
Vanilla extract (check for sugar!)

Vegan Keto Smoothie Add Ins:

Beetroot powder*
Chlorella
Moringa
Spirulina
Turmeric

Low Carb Vegan Fridge Staples:

Apple cider vinegar
Dairy free yogurt*
Dairy free cheese*
Pickles
Micro-greens
Sauerkraut
Seitan* (p)
Sprouts (all kinds)
Tempeh (p)
Tofu (p)

Other Vegan Keto Meal Staples:

Herbs and spices!
Edamame
Kelp noodles
Kelp flakes
Lupini beans (p)
Shirataki noodles
Nori sheets
Roasted seaweed