

KETO DIET

GROCERY LIST

WEEK 1



Meats

- Bacon Strips (200g)
- Pork Shoulder (cubed, 200g)
- Lean Pork / Kasim (200g)
- Ground Pork (200g)
- Pork Blood (1 cup)
- Ground Beef (200g)
- Chicken Breast (500g)
- Chicken Eggs (small, 1 dozen)
- Shrimps (500g)
- Tilapia (small, 4-5 pcs)
- Bangus (500g)



Vegetables / Fruits

- Cauliflower (2kg)
- Eggplants (small, 5-6 pcs)
- Green Peas (small can, 1 pc)
- Carrots (200g)
- Cabbage (500g)
- Camote Leaves (100g)
- Kangkong (100g)
- Radish (small, 2 pcs)
- Okra (100g)
- Tomatoes (100g)
- Ampalaya (200g)
- Kalabasa (200g)
- Sitaw (100g)
- Onion, Garlic & Ginger
- Avocado (medium-sized, 2-3 pcs)
- Mushrooms (whole, 200g)



Condiments / Beverages

- Green Tea (bags, 1 box)
- Chia Seeds (100g)
- Vinegar
- Coco Aminos
- Salt & Pepper



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WEEK 2



Meats

- Ham (200g)
- Ground Pork (500g)
- Beef Shank / Bone Marrow (500g)
- Beef Sirloin (500g)
- Chicken Breast (500g)
- Chicken Liver / Gizzard (500g)
- Chicken Eggs (small, 1 dozen)
- Quail Eggs (1/2 dozen)
- Galunggong (500g)
- Tuna (500g)
- Bangus (500g)
- Squid (200g)
- Danggit (100g)
- Bagoong Alamang (100g)



Vegetables / Fruits

- Cauliflower (2kg)
- Eggplants (small, 5-6 pcs)
- Baguio Beans (100g)
- Carrots (200g)
- Sigarilyas (200g)
- Sitaw (100g)
- Upo (500g)
- Kalabasa (200g)
- Broccoli (200g)
- Kangkong (100g)
- Onion, Garlic & Ginger
- Coconut Milk (300mL)



Condiments / Beverages

- Green Tea (bags, 1 box)
- Chia Seeds (100g)
- Vinegar
- Coco Aminos
- Salt & Pepper
- Keto Butter Loaf (1 pack)
- Cheese Spread (1 pack)



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WEEK 3 



Meats

- Pork Tocino (*sugar-free, 200g*)
- Lean Pork / Kasim (*500g*)
- Beef Sirloin (*500g*)
- Ground Beef (*500g*)
- Beef Tapa (*200g*)
- Chicken Breast (*500g*)
- Chicken Eggs (*small, 1 dozen*)
- Bangus (*500g*)
- Pompano Fish (*500g*)
- Shrimps (*500g*)
- Tilapia (*small, 2-3 pcs*)



Vegetables / Fruits

- Cauliflower (*2kg*)
- Eggplants (*small, 5-6 pcs*)
- Monggo (*200g*)
- Pechay (*100g*)
- Sitaw (*100g*)
- Kalabasa (*200g*)
- Ampalaya Leaves (*100g*)
- Bell Pepper (*50g*)
- Carrots (*200g*)
- Togue (*200g*)
- Cabbage (*500g*)
- Upo (*200g*)
- Onion, Garlic & Ginger



Condiments / Beverages

- Green Tea (*bags, 1 box*)
- Chia Seeds (*100g*)
- Vinegar
- Coco Aminos
- Salt & Pepper
- Keto Butter Loaf (*1 pack*)
- Cheese Spread (*1 pack*)



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WEEK 4 



Meats

- Ham (*200g*)
- Meat Loaf (*2 cans, 200g*)
- Lean Pork / Kasim (*500g*)
- Ground Pork (*500g*)
- Pork Snout / Ears (*200g*)
- Pork Liver (*100g*)
- Chicken Breast (*500g*)
- Chicken Eggs (*small, 1 dozen*)
- Chicken Hotdogs (*200g*)
- Tuna (*500g*)
- Bangus (*500g*)
- Squid (*200g*)
- Pompano Fish (*500g*)
- Sapsap (*200g*)
- Sardines (*200g*)



Vegetables / Fruits

- Cauliflower (*2kg*)
- Eggplants (*small, 5-6 pcs*)
- Green Peas (*1 small can*)
- Carrots (*200g*)
- Cabbage (*500g*)
- Sitaw (*100g*)
- Patola (*200g*)
- Kalabasa (*200g*)
- Okra (*200g*)
- Onion, Garlic & Ginger



Condiments / Beverages

- Green Tea (*bags, 1 box*)
- Chia Seeds (*100g*)
- Vinegar
- Coco Aminos
- Salt & Pepper

