PERFECT KETO

Target Shopping List

PERFECTKETO.COM

Meat	Calories	Fat	Net Carbs	Protein
Market Pantry Pepperoni Slices	140	13 grams	0 grams	6 grams
Earth's Best Mini Beef Meatballs	150	11 grams	4 grams	8 grams
Uncured Pork and Beef Pepperoni	111	9 grams	0 grams	8 grams
Applegate Naturals Uncured Honey Baked Ham	70	1.5 grams	2 grams	11 grams
Applegate Naturals Oven Roasted Chicken Breast	50	1 gram	0 grams	11 grams
Applegate Naturals Prosciutto	60	3.5 grams	0 gram	7 grams
Uncured Genoa Salami	100	8 grams	1 gram	7 grams
Angus Bubba Burger	430	35 grams	0 grams	26 grams
Jennie-O Turkey Burgers	250	15 grams	0 grams	24 grams
Archer Farms All Natural Boneless & Skinless Chicken Breast	120	2.5 grams	0 grams	20 grams
Archer Farms Boneless Skinless Garlic Herb Chicken	120	2.5 grams	1 gram	21 grams
Selects Natural Turkey Franks	110	8 grams	2 grams	7 grams
Applegate Organics The Great Organic Uncured Beef Hot Dog	110	9 grams	0 grams	7 grams
Hillshire Farm Beef Smoked Sausage	170	14 grams	3 grams	6 grams
Aidells All Natural Cajun Andouille Sausage	160	11 grams	1 gram	15 grams

Seafood	Calories	Fat	Net Carbs	Protein
Sea Cuisine Smart Indulgence Blackened Cajun Salmon	150	6 grams	0 grams	23 grams
Annasea Wasabi Ahi Poke	210	9 grams	2 grams	29 grams
Simply Balanced Ahi Tuna Steaks	120	.05 grams	0 grams	28 grams
Simply Balanced Sea Scallops	70	0 grams	4 grams	13 grams
Simply Balanced Alaskan Cod Fillets	100	0 grams	0 grams	25 grams
Market Pantry Jumbo Cooked Shrimp	60	0 grams	0 grams	12 grams

Sauces	Calories	Fat	Net Carbs	Protein
Tostitos Avocado Salsa	45	4 grams	1 gram	less than 1 gram
Creamy Spinach Dip Tostitos	50	4 grams	2 grams	less than 1 gram
El Yucateco Chile Habanero Hot Sauce	0	0 grams	0 grams	0 grams
Blue Top Creamy Garlic Hatch Hot Sauce	70	7 grams	1 gram	0 grams
Dave's Gourmet Creamy Jalapeno Sauce	10	1 gram	1 gram	0 grams
Frank's Red Hot	0	0 grams	0 grams	0 grams
Cholula Hot Sauce	0	0 grams	0 grams	0 grams

Condiments	Calories	Fat	Net Carbs	Protein
Coconut Aminos	5	0 grams	1 gram	0 grams
Pearls Organic Pepper Stuffed Olives	20	2 gram	1 gram	0 grams
Archer Farms Jalapeno Stuffed Olives	30	3 grams	0 grams	0 grams
Pearls Specialties Blue Cheese Stuffed Olives	25	2.5 grams	0 grams	0 grams
Sir Kensington's Special Sauce	80	8 grams	1 gram	0 grams
Best Foods Avocado Oil Mayonnaise	60	7 grams	0 grams	0 grams
Primal Kitchen Chipotle Lime Mayo Avocado Oil	100	11 grams	0 grams	0 grams
Primal Kitchen Classic BBQ Sauce Organic & Unsweetened	15	0 grams	3 grams	0 grams
Primal Kitchen Golden BBQ Sauce Organic & Unsweetened	15	0 grams	2 grams	0 grams
Primal Kitchen Ketchup Organic and Unsweetened	10	0 grams	2 grams	0 grams
Simply Balanced Yellow Mustard	0	0 grams	0 grams	0 grams
Simply Balanced Dijon Mustard	0	0 grams	0 grams	0 grams

Stocks and Broths	Calories	Fat	Net Carbs	Protein
Market Pantry Beef Stock	20	0 grams	2 grams	3 grams
Market Pantry Chicken Stock	15	0 grams	1 gram	3 grams
Simply Balanced Organic Chicken Bone Broth	40	0.5 grams	0 grams	9 grams
Pacific Foods Vegetable Broth	15	0 grams	2 grams	1 gram

Canned	Calories	Fat	Net Carbs	Protein
Simply Balanced Wild Skipjack Chunk Light Tuna	60	0 grams	0 grams	14 grams
Bumble Bee Skinless & Boneless Pink Salmon	100	2.5 grams	0 gram	20 grams
Chicken Of The Sea Fancy Smoked Oysters	100	4.5 grams	2 grams	12 grams
Sardines In Extra Virgin Olive Oil	250	20 grams	0 grams	14 grams

Cooking Fats	Calories	Fat	Net Carbs	Protein
Organic Extra Virgin Coconut Oil	120	14 grams	0 grams	0 grams
Spectrum Culinary Walnut Oil	120	14 grams	0 grams	0 grams
Spectrum Organic Sunflower Oil	120	14 grams	0 grams	0 grams
Spectrum Toasted Sesame Oil	120	14 grams	0 grams	0 grams
Simply Balanced Organic Extra Virgin Olive Oil	120	14 grams	0 grams	0 grams
Chosen Foods Avocado Oil	130	14 grams	0 grams	0 grams

Frozen Food	Calories	Fat	Net Carbs	Protein
Quest Thin Crust Pizza Uncured Pepperoni	340	21 grams	6 grams	28 grams
Quest Thin Crust Pizza Spinach and Mushroom	340	22 grams	5 grams	28 grams
Quest Thin Crust Pizza Supreme	260	16 grams	5 grams	20 grams
Jimmy Dean Delights Egg'wich Breadless Breakfast	280	21 grams	7 gram	14 grams

Frozen Food	Calories	Fat	Net Carbs	Protein
Jimmy Dean Delights Bacon and Spinach Frittatas	250	18 gram	7 gram	13 grams
Special K Crustless Quiche Calories	170	13 grams	4 grams	11 grams
Veggie Made Mashed Cauliflower	90	6 grams	2 grams	3 grams
Green Giant Mashed Cheddar and Bacon Cauliflower	90	5 grams	4 grams	4 grams

Keto-Friendly Snacks	Calories	Fat	Net Carbs	Protein
Archer Farms Roasted Pistachio	160	12 grams	5 grams	6 grams
Archer Farms Roasted Jumbo Cashews	160	13 grams	8 grams	5 grams
Archer Farms Deluxe Roasted Mixed Nuts	170	16 grams	4 grams	5 grams
Archer Farms Lightly Salted Almonds	170	16 grams	2 grams	6 grams
Archer Farms Roasted Macadamia Nuts	200	21 grams	2 grams	2 grams
Lorissa's Kitchen Original Tender Grass-Fed Beef Steak Strips	80	2 grams	6 grams	10 grams
4505 Chicharrones Fried Pork Rinds Jalapeno	80	6 grams	0 grams	7 grams
4505 Chicharrones Fried Pork Rinds BBQ	80	5 grams	0 grams	9 grams
Nature's Path Grain Free Granola Vanilla Poppy Seed	180	15 grams	4 grams	6 grams
Good and Gather Crunchy Almond Butter	190	17 grams	3 grams	7 grams
Good and Gather Creamy Almond Butter	190	17 grams	3 grams	7 grams
Good and Gather Creamy Cashew Butter	190	17 grams	8 grams	4 grams

Keto-Friendly Snacks	Calories	Fat	Net Carbs	Protein
Sun Butter No Sugar Added Sunflower Butter	210	18 grams	2 grams	7 grams
P3 Portable Protein Pack	190	14 grams	3 grams	12 grams
Sargento Colby-Jack Cheese Sticks	80	7 grams	0 grams	5 grams
Good and Gather Pepper Jack Cheese Sticks	100	8 grams	1 grams	6 grams
Cheeseheads Combo Pack	90	8 grams	1 grams	4 grams

Dairy	Calories	Fat	Net Carbs	Protein
Sargento Tomato and Basil Jack Cheese	60	5 grams	0 grams	4 grams
Sargento Baby Swiss Cheese	70	5 grams	0 grams	5 grams
Sargento Natural Colby-Jack Cheese	70	6 grams	0 grams	5 grams
Tillamook Medium Cheddar Cheese	120	10 grams	1 grams	6 grams
Philadelphia Cream Cheese	100	10 grams	0 grams	2 grams
Kerrygold Pure Irish Butter	100	11 grams	0 grams	0 grams

Beverages	Calories	Fat	Net Carbs	Protein
Hint Water	0	0 grams	0 grams	0 grams
Yerbae Sparkling Water Pomegranate Berry	0	0 grams	0 grams	0 grams
Yerbae Sparkling Water Strawberry Kiwi	0	0 grams	0 grams	0 grams

Beverages	Calories	Fat	Net Carbs	Protein
La Croix Sparkling Water	0	0 grams	0 grams	0 grams
Waterloo Flavored Sparkling Water	0	0 grams	0 grams	0 grams
Good and Gather Flavored Sparkling Water	0	0 grams	0 grams	0 grams
Truly Hard Seltzer	100	0 grams	2 grams	0 grams
Henry's Hard Sparkling Water	88	0 grams	1.6 grams	less than 1 gram
Smirnoff Spiked Sparkling Seltzer	90	0 grams	1 gram	0 grams
Bon & Viv Spiked Seltzer	90	0 grams	2 grams	0 grams
Oregon Chai Sugar-Free Latte	0	0 grams	1 gram	0 grams
Organic Simply Balanced Almond Milk Original Dairy-Free	35	3 grams	0 grams	1 gram
Organic Simply Balanced Coconut Milk Original Dairy-Free	50	5 grams	1 gram	1 gram

Baking	Calories	Fat	Net Carbs	Protein
King Arthur Grain-Free Almond Flour	90	8 grams	2 grams	3 grams
Simply Balanced Organic Black Chia Seeds	180	11 grams	2 grams	5 grams
Organic Stevia In The Raw	0	0 grams	0 grams	0 grams
Bob's Red Mill Whole Ground Flaxseed Meal	70	4.5 grams	1 gram	3 grams
Truvia Sweetener	0	0 grams	0 grams	0 grams
Swerve Sugar Replacement	0	0 grams	0 grams	0 grams

Baking	Calories	Fat	Net Carbs	Protein
Diamond Pecan Halves	210	22 grams	1 gram	3 grams
Diamond Shelled Walnuts	200	20 grams	2 grams	5 gram
Marquis Organic Energy	0	0 grams	0 grams	0 grams

Herbs and Spices

Cumin	Garlic Salt	Ground Black Pepper
Oregano	Cinnamon	Bay Leaves
Paprika	Garlic & Parsley	Sesame Seeds