

# Countess Of Low Carb's - Costco Keto Shopping List



## Top 10 Costco Keto Foods:

Organic & grass-fed foods are ideal, but do the best you can afford.

1. Meat
  - a. Seafood – shrimp, crab legs, scallops, mussels...all of it delish!
  - b. Ribeye
  - c. NY Strip
  - d. Grass-fed ground beef
  - e. Chicken thighs
  - f. Whole organic chickens for Crockpot or Instant Pot
  - g. Party wings for [Air Fryer](#)
2. Cheese – ohmylawd!
  - a. Kerrygold grass-fed cheese or Kerrygold Organic Grass-fed cheese. Shred your own cheese. 1 ounce = 1 carb & 1 net carb
  - b. Goat cheese = 1 ounce = 1 carb & 1 net carb
3. [Almond Butter](#)
4. Macadamia Nuts ¼ cup [macadamia nuts](#)= 4.75 carbs or 1.75 net carbs
  - a. Is seasonal, but grab several bags for only \$8.
  - b. Make sure no canola oil is added in the ingredients as some bags have freakishly had.
5. Citterio Salami & Cheese Travel packs = 1 carb
6. Travel Bel GioGioso Mozzarella balls = 1 carb
7. Organic Romaine Lettuce Wraps = 2 cups = 2.2 carbs or 1 net carb
8. [Coconut Oil](#) 84 ounces to last a lifetime!
9. Avocado Travel Packs = 5 carbs or 1 net carb
10. [Whole Pickles](#) – whole dill!



[www.countessoflowcarb.com](http://www.countessoflowcarb.com) // [www.youtube.com/countessoflowcarb](http://www.youtube.com/countessoflowcarb)

Affiliate links are included. Please share this document someone who needs a keto shopping list. Sharing is caring.

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Organic is ideal, but do the best you can afford

## Keto Veggies:

1. Avocado (I realize it's a fruit, but some might think a veggie 😊 wink wink) = 1 cup avocado = 12 carbs or 2 net carbs
2. Radishes = 1 cup radish = 3.9 carbs or 3 net carbs
3. Celery = 1 cup celery = 3 carbs or 1.5 net carbs
4. Cauliflower = 1 cup cauliflower = 5 carbs or 3 net carbs
5. Riced cauliflower in frozen foods = 1 cup cauliflower = 5 carbs or 3 net carbs
6. Cabbage = 1 cup cabbage = 5 carbs or 3 net carbs
7. Zucchini = 1 cup zucchini = 3.5 carbs or 2.5 net carbs
8. Zucchini noodles 1 cup zucchini = 3.5 carbs or 2.5 net carbs
9. Spinach = 2 cups of spinach = 2.2 carbs or 1 net carb

## Keto Fruits:

- Avocado = 1 cup avocado = 12 carbs or 2 net carbs
- Raspberries = 1 cup raspberries = 15 carbs or 7 net carbs
- Blackberries = 1 cup blackberries = 14 carbs or 6 net carbs
- Blueberries = 1 cup blueberries = 21 carbs or 18 net carbs



## Alternative Sources Online:

- [Almond Flour](#)
- [Primal Mayo](#)
- [Keto Mint Bars](#) for occasional dessert treat
- [Chia seeds](#) = Keto [Oatmeal Recipe Video](#)
- [Sparkling Water](#)
- [Grass Fed Beef Delivered](#) – Use COUNTESS code for 10% OFF
- [Keto Mojo For Blood Testing](#) – only blood is accurate for ketones (not pee strips!)
- 2 tablespoons of [Primal Ranch](#) = 2 carbs
- 1 tablespoon of [almond butter](#) = 3.5 carbs or 1.5 net carbs
- ¼ cup [walnuts](#) = 3 carbs or 1.5 net carbs
- ¼ cup [pecans](#) = 3.5 carbs or 1 net carb
- [Unsweetened Almond Milk](#)
- [Parchment Paper](#)

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## [Keto Magnet Meal Plan System](#)



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