

The beginner keto grocery shopping list

The ultimate list for keto dieters in India

Essential keto products for Indians

1. Magnesium citrate – <https://amzn.to/2PRsLBT>
2. Biotin – <https://amzn.to/2PRsPI7>
3. Apple Cider Vinegar – <https://amzn.to/2DJHAPB>
4. Food weighing scale – <https://amzn.to/2zsjoyi>
5. 100% veg low carb protein powder – <https://amzn.to/2zC5Dx8>
6. Himalayan pink salt – <https://amzn.to/2P1SQZK>

Long Lasting Keto Ingredients:

1. Coconut oil – <https://amzn.to/2LdFGqs>
2. Extra virgin olive oil - <https://amzn.to/2PZjAiY>
3. Low carb seeds – <https://amzn.to/2TJAeRN>
4. Almonds 1kg – <https://amzn.to/2DYfr8a>
5. Herbs and spices mix – <https://amzn.to/2wkfZ20>
6. Tomato sauce (Spicy) – <https://amzn.to/2N6meOe>

Ingredients for Keto Desserts:

1. Hershey's dark cocoa powder – <https://amzn.to/2PXmuoj>
2. Stevia sweetener – <https://amzn.to/2P1TFli>
3. Erythritol sweetener – <https://amzn.to/2PRDRH0>
4. Lindt 85% dark chocolate – <https://amzn.to/2Bxue7l>

Products for Advanced Keto-ers:

1. Meal Prep containers - <https://amzn.to/2DY4KCL>
2. Keto test sticks - <https://amzn.to/2PVPCMG>
3. Gym sweatband for women - <https://amzn.to/2DPQ9Ze>
4. Collagen powder - <https://amzn.to/2DQOyIU>
5. Fish Oil Pill (Omega 3) - <https://amzn.to/2AxAYAM>
6. Matcha Green Tea - <https://amzn.to/2DRcohP>