

# KETO FOOD AND PANTRY LIST

These are the Keto Basics that you will be using over the course of your diet. If there are products on this list that you don't like or have allergies to, please skip them.

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**ESSENTIALS OILS (FATS)** - *Some oils are better for light foods, others for baking and still others for heavier foods and meats. Choose at least 2 items but all are recommended.*

1. Olive Oil
2. Avocado Oil
3. Coconut Oil (Refined for cooking, Unrefined as a healthy ingredient)
4. Butter
5. Ghee\*
6. Lard
7. Tallow\*
8. MCT Oil (Great for Keto Coffee and as a healthy additive to many recipes)

**FLOURS** - *Regular Flour is not allowed on a keto diet, so here are some great alternatives that work well in Keto recipes.*

1. Almond Flour
2. Coconut Flour
3. Flax Seed Meal (For people with allergies to one or more of the above)
4. Psyllium Husk Powder

**SWEETENERS** - *Sugars, Honey, and other High Carbohydrate Sweeteners are out of the picture, so here are great alternatives. (NOTE: Granulated works well in most foods, but Powdered is recommended for light or creamy foods since granulated can be difficult to dissolve completely and may cause some foods to be gritty)*

1. Erythritol Granulated / Powdered
2. Monk Fruit Blend w/ Erythritol Granulated / Powdered
3. Monk Fruit Blend w/ Allulose Crystallized / Powdered
4. Monk Fruit Powdered / Liquid
5. Allulose Crystallized / Powdered
6. Stevia Blend w/ Erythritol Granulated / Powdered
7. Stevia Powdered / Liquid
8. Xylitol Granulated
9. Brown Sugar Substitutes
  - Brown Erythritol
  - Gold or Brown Monk fruit / Erythritol Blend

*(If you like syrup on Pancakes or Waffles, you should look at Keto Friendly Syrups. Lakanto, Walden Farms and Livlo are just a few good examples.)*

## BAKING PRODUCTS

1. Xanthan Gum
2. Baking Powder
3. Baking Soda

## **EXTRACTS**

1. Vanilla Extract
2. Maple Extract
3. Banana Extract
4. Orange Extract

## **CHOCOLATES**

1. Unsweetened Cocoa Powder
2. Unsweetened Baker's Chocolate
3. Sugar Free Dark Chocolate
4. Sugar Free Chocolate Chips
5. Sugar Free Chocolate Chip Minis
6. Sugar Free Chocolate Hazelnut Spread (Use like Nutella)

## **REFRIGERATOR ITEMS**

Any of the following Milk Alternatives (flavored is okay IE: Vanilla):

1. Unsweetened Almond Milk
2. Unsweetened Cashew Mil
3. Unsweetened Coconut Milk
4. or Any Unsweetened Blend of the Above
5. Lemon and Lime Juice Concentrates
6. Minced Garlic
7. Mozzarella Cheese
8. Parmesan Cheese
9. Cheddar Cheese (sliced and block)

Any low(no) carb variety that you like. (Avoid American Cheese)

*Beware of shredded varieties. Starch and Cellulose is often used as a separator and adds some carb*

## **NUTS, NUT BUTTERS AND SEEDS**

1. Almonds
2. Pecans
3. Walnuts
4. Pecans
5. Pistachios
6. Peanuts
7. Peanut Butter
8. Almond Butter
9. Coconut Butter
10. Sunflower Seed Butter
11. Sunflower Seeds
12. Pumpkin Seeds
13. Hemp Seed Hearts
14. Chia Seeds

## **DRIED HERBS AND SPICES**

1. Basil
2. Black Pepper
3. Cayenne Pepper
4. Chives
5. Chili Powder
6. Ground Cinnamon
7. Ground Cumin
8. Dill
9. Garlic Powder
10. Ground Ginger
11. Italian Seasoning
12. Onion Powder
13. Oregano
14. Paprika
15. Sea Salt

## **OTHER PANTRY ITEMS**

1. Tea (bags or ground)
2. Coffee (Unflavored – Check Ingredients)
3. Flavored Drink Packets – Unsweetened or sugar free
4. Balsamic Vinegar
5. Red or White Wine Vinegar
6. Apple Cider Vinegar
7. Coconut Aminos (replace soy sauce)
8. Tomato Paste
9. Sun-Dried Tomatoes
10. Diced Tomatoes
11. Unsweetened Coconut Flakes

## **PROTEIN PRODUCTS**

1. Whey Protein Isolate (Unflavored)
2. Collagen Powder
3. Beef Gelatin
4. Bone Broth
5. Beef Broth
6. Chicken Broth

## **CONDIMENTS**

1. Sugar Free Ketchup
2. Yellow Mustard
3. Dijon Mustard
4. Sugar Free Marinades
5. Low Carb Salad Dressings
6. Mayonnaise (High Quality Olive Oil or Avocado)
7. Low Carb BBQ Sauce

## SHOPPING LIST:

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