



## Carb Manager's Keto Pantry Essentials Shopping List

The following shopping list includes what we consider Keto "staples" and more. Stock your kitchen well when you begin Keto to set yourself up for success! Items marked with a Ⓟ we consider priority items that you'll likely find yourself using often, so if you're shopping on a budget or just for the true basics, start there.

Print this list and hit the store!

### Keto Baking Supplies

Stock up on low-carb baking staples to make Keto breads, crackers, pizzas, sweet treats, and more.

- Almond flour Ⓟ
- Coconut flour
- Psyllium husks
- Sugar-free chocolate chips
- Cacao powder
- Baking powder
- Baking soda
- Cream of tartar
- Xanthan gum
- Pork rinds for "bread crumbs"
- Granulated erythritol
- Powdered erythritol
- Brown erythritol
- Stevia drops Ⓟ
- Sugar-free maple syrup
- Lakanto monk fruit sweetener Ⓟ

## Spices

Most spices are Keto friendly, so stay well-stocked on your favorites so you've got lots of flavor options when it's time to cook or bake.

- Variety of spices and dried herbs ②

## Canned/Jarred Pantry Staples

Useful when you're running low on fresh foods, keep a well-stocked Keto pantry and you'll never go "hangry" again.

- Tuna ②
- Chicken
- Canned fish (think "SMASH": salmon, mackerel, anchovies, sardines, & herring) ②
- Fire-roasted tomatoes ②
- Green chilies
- Crushed tomatoes ②
- Chipotle peppers in adobo
- Nut butters ②
- Olives ②
- Coconut cream ②

## Fats & Oils

- Butter ②
- Ghee
- Avocado oil ②
- Olive oil ②
- Coconut oil ②
- Algae oil ②

- MCT powder

## **Nuts & Snacks**

Stay well-stocked on Keto snacks, and you'll be less inclined to cheat!

- Macadamia nuts ①
- Pecans
- Walnuts
- Chia seeds
- Hemp hearts ①
- Flax-meal
- Sunflower seeds ①
- Pork rinds
- Meat bars
- Keto specific snacks
- Beef sticks
- Salami
- Cheese crisps

## **Broths**

Perfect for a light snack, soups, stews, and other recipes. Choose your favorite!

- Vegetable broth
- Bone broth
- Beef broth
- Chicken broth

## **Noodle replacements**

- Shirataki noodles

## **Dairy**

Choose full-fat dairy, and organic or grass-fed where possible.

- Non-dairy milk ②
- Cheese ②
- Sour cream
- Low-carb yogurt (check coconut or Greek-style for low-carb options)
- Eggs ②

## **Fruits**

- Frozen berries ②
- Lemons
- Limes

## **Vegetables ②**

Yes, all vegetables are a priority! Packed with nutrients, veggies are the staple of your healthy Keto diet.

- Avocados
- Asparagus
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery

- Cucumber
- Green beans
- Kale
- Peppers (red and green)
- Spinach
- Olives
- Zucchini
- Lettuce
- Kale
- Swiss chard
- Tomatoes (in moderation)

## **Meat**

Gravitate toward high quality, grass-fed and free-range meats/eggs and wild-caught seafood.

- Steak (beef, bison, wild game)
- Hamburger
- Bacon
- Sausage
- Chicken
- Lamb
- Pork
- Veal
- Seafood: Crab, lobster, octopus, oysters, scallops, shrimp, and squid
- Fatty fish (Salmon, trout, etc.)

- Deli meats: Sliced chicken, corned beef, ham, pancetta, pastrami, prosciutto, roast beef, speck, and turkey (look for preservative-free and organic options when possible)
- Organ meats

### **Keto-friendly condiments**

- Mustard
- Mayo
- Miso
- Kimchi
- Caesar salad dressing
- Ranch dressing
- Sugar-free BBQ sauce
- No-sugar ketchup

### **Bread/Wrap Substitutes**

- Coconut wraps
- Low-carb tortillas
- Cauliflower pizza crust