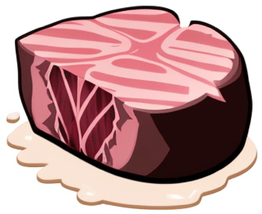

Keto Diet *Pantry Staples* LIST

PROTEINS

Meat

Beef
Lamb
Pork
Choose grass-fed or pasture-raised options when possible.

Poultry

Chicken
Turkey

Fish and Seafood

Salmon
Mackerel
Sardines
Tun Fish
Trout
Shrimp
Scallops
Mussels

Eggs

Plant-Based Proteins

Tofu
Tempeh
Seitan
Edamame

VEGGIES

Leafy Greens

Spinach
Kale
Cabbage
Swiss chard
Romaine lettuce
Arugula
Collard greens

Cruciferous Vegetables

Broccoli
Cauliflower
Brussels sprouts
Cabbage
Bok choy
Radishes

Low-Carb Salad

Cucumber
Celery
Bell peppers*
Tomatoes*

Avocado

Mushrooms

Zucchini and Summer Squash

Asparagus

Green Beans

FLOUR

Almond flour

Coconut flour

Psyllium husk

SWEETENERS

Stevia

Erythritol

Allulose

DAIRY

Coconut milk

Whipping Cream

Sour Cream (Full-Fat)

High-fat cheese

Parmesan
Goat cheese
Feta
Gouda
Mascrpone
Mozzarella
Creme cheese

Greek Yogurt

Cottage Cheese

CHOCOLATE min. 70%

NUTS AND SEEDS

Almonds

Walnuts

Peanuts

Macadamia Nuts

Chia Seeds

Pumpkin Seeds

Flax and sesame seeds

FATS

Coconut oil

Olive oil

Avocado and avocado oil

Butter

Ghee