

30 KETO & LOW CARB Pantry Staples

Shelf stable items

Almond flour
Coconut flour
Almond butter
Mayo
Electrolytes
Coconut oil
Avocado oil
Olive oil
Pork rinds
Canned tuna
Meat sticks
Nuts
Erythritol &/or Stevia
Unsweetened cacao
Bone broth
Protein powder
Coffee
Sparkling water

Non shelf-stable items

Eggs
Heavy cream
Almond milk
Butter
Bacon
Ground beef
Salmon
Avocado
Cauliflower
Broccoli
Cabbage
Cheese