

# PANTRY STAPLES



## DAIRY

Cream  
Sour Cream  
Cream Cheese  
Mozzarella Cheese  
Cheddar/Tasty Cheese  
Parmesan Cheese  
Butter  
Yoghurt (plain or coconut yoghurt)

## FATS & OILS

Ghee  
Olive Oil  
Coconut Oil (cooking and extra virgin)  
Avocado Oil  
Sesame Oil  
Rice Bran Oil  
Lard (natural, not hydrogenated)  
Duck Fat  
Beef Tallow  
Cacao Butter  
Walnut Oil  
Flax Seed Oil

## FRUIT

Blueberries  
Blackberries  
Cantaloupe/Rock Melon  
Raspberries  
Strawberries  
Watermelon  
Olives  
Avocados

## NUTS & SEEDS

Macadamia Nuts  
Pecan Nuts  
Almonds (ground, whole)  
Walnuts  
Pumpkin Seeds  
Sunflower Seeds  
Sesame Seeds  
Chia Seeds  
Flax Seeds/Linseeds (whole, ground)  
Peanuts  
Pine Nuts  
Dried Coconut (desiccated, shredded, flaked)  
Brazil Nuts  
Hazelnuts

## SPREADS & CONDIMENTS

Mayonnaise  
Peanut, almond, coconut butters  
Sugar free or Reduced Sugar Tomato Sauce/Ketchup  
Sugar free or Reduced Sugar BBQ Sauce  
Sugar free Maple Flavoured Syrup  
Mustard (Dijon, hot, whole grain, American)  
Tabasco & Hot Sauce (sriracha, buffalo)  
Wasabi  
Lemon or Lime Juice  
Apple cider vinegar (or other low carb vinegars)  
Soy sauce or coconut aminos (use sparingly)  
Fish sauce  
Low carb jam or diet jam (use sparingly)  
Kimchi or sauerkraut  
Pickles (check the nutritional label for carbs)  
Salt and pepper  
Nutritional Yeast



## **MEATS and PROTEINS**

Fish/Shellfish/Prawns

Chicken

Beef

Lamb

Pork and bacon

Eggs

Deli Meats

Canned Meats

Canned Fish

Hot Dogs, Sausages, Frankfurters

Pork Rinds/Pork Crackles

Protein powder (dairy or vegetarian)

## **VEGETABLES**

Asparagus

Celery

Cucumbers

Leafy salad greens

Spinach

Lettuce

Broccoli

Brussels Sprouts

Cauliflower

Cabbage

Green Beans

Zucchini / Courgette

Kale

Bok Choy

Bell Peppers (sparingly)

Radish

Mushrooms

Onion (sparingly)

Swiss Chard /Silver Beet

Tomato (sparingly)

Watercress

Kohlrabi

Swede/Rutabaga (sparingly)

Spaghetti Squash

Celeriac (sparingly)

Eggplant (sparingly)

Carrots (sparingly or not at all)

## **BAKING FLOURS**

Almond Meal (ground with skin)

White Almond Flour (ground & skinless almonds)

Coconut Flour

Flax Seed/Linseeds (ground)

Oat Fibre

Cocoa Powder

Protein Isolate

Vital Wheat Gluten

## **BEVERAGES**

Teas (standard and herbal)

Coffee

Hot Chocolate (sugar free)

Bone Broth

Water (still and sparkling)

Sugar Free Soda and Stevia Sweetened Drinks

Alcohol (spirits & dry wine – sparingly)

## **SWEETENERS**

100% Pure Stevia

Liquid Stevia Drops

Erythritol & Stevia combined

Erythritol & Monkfruit combined

Erythritol



### **GROCERY EXTRAS**

Gelatine  
Xanthan Gum/Guar Gum / Glucomannan Powder  
Baking Powder  
Baking Soda  
Sugar Free Chocolate (non-maltitol or mannitol)  
Shirataki/Konjac Noodles  
Shirataki/Konjac Rice  
Seasoned Seaweed Snacks  
Stock (vegetable, chicken, beef, fish, pork, lamb)  
Canned Coconut Cream

### **KITCHEN TOOLS**

Food Processor or Blender  
Hand Mixer  
Spiralizer  
Silicon Mat (silpat sheet)  
Rolling Pin  
Silicon Moulds  
Muffin Pans  
Baking Sheet  
Slow Cooker/Crock Pot  
Non-stick or Iron Skillet  
Baking Tins  
Air Fryer  
Meal Prep Containers  
Good Knives  
Baking Paper  
Microwave  
Waffle Maker  
Spatulas

### **HERBS & SPICES**

Himalayan Pink Salt  
Pepper  
Oregano  
Basil  
Rosemary  
Thyme  
Onion Powder  
Garlic Powder  
Cumin (ground and seeds)  
Curry Powder  
Turmeric  
Chili Powder or Cayenne  
Paprika (plain and smoked)  
Chili Flakes  
Coriander (ground and seeds)  
Chives  
Dill  
Sage  
Bay leaves  
Parsley  
Vanilla (extract and beans)  
Ginger (ground)  
Cinnamon  
Mixed Spice  
Cloves  
Nutmeg  
Saffron