

This list includes basic items commonly stocked in a keto kitchen. You may have favorites that you want to add, but if you begin with just a few items, these are the ones you might want to purchase first. With these simple ingredients, you can make dozens of simple, delicious meals.



## Fridge

Most fresh foods must be refrigerated. While you may eat a variety of meats, veggies, or dairy, these are very basic, everyday foods that you might want to commonly keep in your refrigerator.

### Everyday foods

Eggs  
Cream cheese  
Butter  
Sour cream (*crème fraîche*)  
Heavy cream  
Pepperoni  
Full-fat cheeses

Mozzarella  
Feta  
Parmesan  
Goat cheese  
Blue cheese  
Cheddar  
Manchego

Port salut  
Gouda  
Charcuterie  
Salami  
Prosciutto  
Spanish chorizo  
Serrano ham

Capocollo  
Sopressata  
Deli meats  
Chicken  
Ham  
Turkey  
Roast beef

### Vegetables

Mushrooms  
Cucumbers  
Cauliflower  
Romaine lettuce  
Broccoli  
Spinach

Celery  
Zucchini  
Bell peppers  
Cabbage  
Green beans  
Jalapeños

### Fresh meats

Ground beef  
Chicken thighs  
*with skin*  
Chicken wings  
Salmon  
Steak

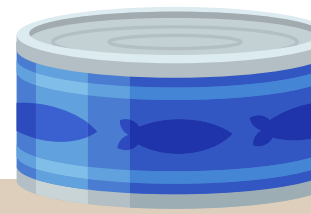
Sausages  
Pancetta  
Bacon





## Pantry

The pantry refers to any shelf, cabinet, or drawer where food can be kept unrefrigerated until opened. These are items that you might want to keep stocked so that you are well prepared to make a variety of dishes. Shelf-stable items travel well because they don't require refrigeration. While canned meats and vegetables may not taste as good as fresh, they are reasonably good options because of the longer shelf life. In a pinch, or while traveling, these items offer convenience while also giving you good options.



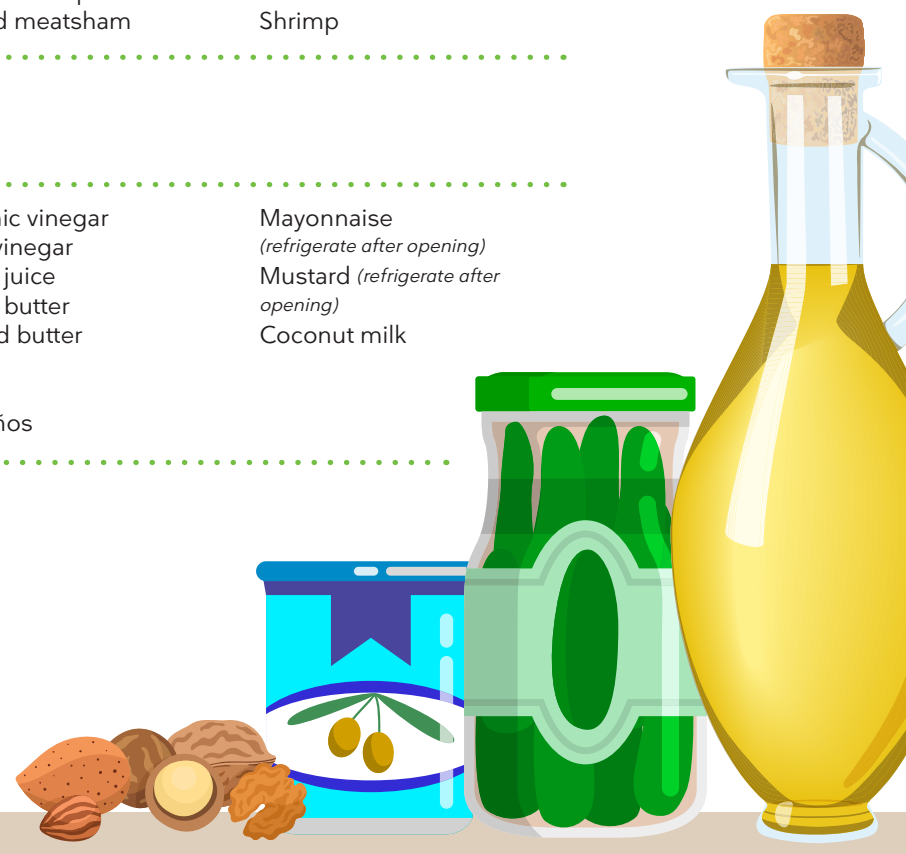
### “Fast food”

We call these ‘fast food’ items as these are great for travel, camping, lunches. Anytime you need options without refrigeration.

- |                           |                 |                |
|---------------------------|-----------------|----------------|
| Olives                    | Walnuts         | Chicken breast |
| Pickles                   | Pili nuts       | Tuna           |
| Pre-cooked bacon          | Pecans          | Ground beef    |
| Beef jerky                | Pumpkin seeds   | Sardines       |
| Shelf stable salami chips | Pork rinds      | Salmon         |
| Macadamia nuts            | Parmesan crisps | Crab           |
| Almonds                   | Canned meatsham | Shrimp         |

### Shelf stable foods

- |  |                  |  |
|--|------------------|--|
| Olive oil<br><i>(Manzanilla for mild flavor)</i>   | Balsamic vinegar | Mayonnaise<br><i>(refrigerate after opening)</i> |
| Avocado oil  | White vinegar    | Mustard <i>(refrigerate after opening)</i>       |
| Ghee   | Lemon juice      | Coconut milk                                     |
| Coconut oil<br><i>(refined for less coconut flavor, unrefined for more coconut flavor)</i> | Peanut butter    |  |
| Red wine vinegar   | Almond butter    |  |
|  | Olives           |  |
|  | Pickles          |  |
|  | Jalapeños        |  |



### Canned veggies

- Green beans
- Asparagus
- Artichokes
- Mushrooms
- Spinach
- Collards
- Tomatoes
- Tomato sauce
- Tomato paste

### Canned meats

- Ham
- Chicken breast
- Tuna
- Ground beef
- Sardines
- Salmon
- Crab
- Shrimp

### Baking or treats

Not necessary, but sometimes it's nice to add a little cocoa powder or vanilla to a coffee.

- Unsweetened cocoa powder
- Vanilla extract

### Fruits and veggies

- Onions
- Avocado
- Tomatoes
- Spaghetti squash



### Spices

While fresh herbs are often ideal, keeping dried herbs and spices on hand can help make an ordinary meal taste even better. This is a very basic list, but if you don't cook often or only make very basic recipes, these common spices will give you a great foundation.

- Garlic powder
- Onion powder
- Cumin
- Chili powder
- Paprika
- Dried parsley
- Italian mix
- Rosemary
- Thyme
- Basil
- Cayenne
- Cinnamon





### Freezer

Keeping meats and veggies stocked in the freezer gives you even more options for keto meals without worrying about them spoiling. Larger cuts of meat such as roasts or fish filets tend to freeze best. Veggies can quickly go from the freezer to the skillet and into a meal quickly. Since frozen veggies are already washed and chopped, using them saves additional time in the kitchen.

#### Veggies

- Spinach
- Broccoli
- Cauliflower
- Squash
- Onions
- Peppers
- Brussels sprouts

#### Meats and seafood

- Bacon
- Ground beef
- Beef stew
- Whole chicken
- Pork shoulder
- Beef roast
- Whole turkey
- Pork tenderloin
- Salmon
- Shrimp
- Scallops

