

The Keto Pantry

Keto-Friendly Foods for Your Home Pantry

The biggest learning curve when adapting to a keto diet is around food. What foods can you eat?

OILS



Avocado / Olive / Coconut

BAKING



Almond Flour / Coconut Flour
Xanthan Gum

FATS



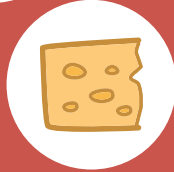
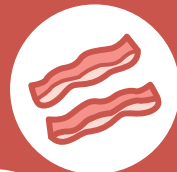
Whole Dairy / Nuts / Avocado

PROTEIN



Fatty Fish / Dark Chicken
Red Meats

PROTEIN & FAT



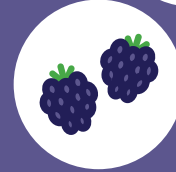
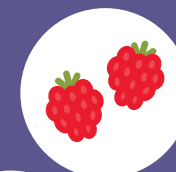
Bacon/ Egg / Cheese

VEGGIES



Cauliflower / Broccoli
Leafy Greens

FRUIT



Raspberries / Blackberries
Strawberries

SNACKS



Olives / Pickles / Broth