

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?



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Keto friendly foods

- Almond flour (great for baking and breading)
- Asparagus
- Avocado
- Bacon
- Beef, including ground beef
- Bell peppers (especially green bell peppers; they have lower total carbs than yellow or red bell peppers)
- Berries (blackberries, raspberries, strawberries; good sources of antioxidants)
- Broccoli
- Brussels Sprouts
- Cauliflower
- Chia seeds (great for low-carb baking and puddings)
- Celery
- Coconut flour (good for baking)

- **Condiments (keto-friendly ones only)**
- **Cucumber (peeled)**
- **Dairy (heavy cream, cheese, butter, cream cheese, sour cream, some cheeses, like brie, mozzarella, and feta; full-fat Greek yogurt or cottage cheese are not recommended; though they're protein-rich, each has 4 or 5 grams of carbs respectively, and low-fat is off limits, too)**
- **Dark leafy greens (wonderful low-carb veggies)**
- **Eggs**
- **Flaxseeds (great for baking and smoothies)**
- **Green beans**
- **Hemp hearts (rich in good fat, protein, and minerals; good for breading and baking)**
- **Meat (grass-fed beef, pork, poultry)**
- **Nuts (macadamia nuts, almonds, pecans, brazil nuts, hazelnuts; be mindful of pistachios and cashews, which are higher-carb)**
- **Oils/fats (olive oil, avocado oil, ghee, MCT oil, coconut oil, lard)**
- **Salad dressings (sugar-free and low-carb only)**
- **Seafood (fish, especially fatty fish like mackerel or salmon—they're high in Omega 3 fatty acids, and shellfish such as mussels and clams)**
- **Seeds (chia seeds, flax seeds, pumpkin seeds; be mindful of sunflower seeds and sesame seeds, as they are nutritious but higher in carbs)**
- **Sweeteners (erythritol, monk fruit, and Stevia)**
- **Xanthan gum (acts as a binder for baked goods and a thickener for sauces and soups)**
- **Zucchini (in moderation)**

Snacks

- **Beef jerky (watch for added sugar)**
- **Bone broth**
- **Cacao nibs**
- **Cheese (including Parmesan and most other cheeses)**
- **Dark chocolate (sugar-free keto chocolates, specifically)**
- **Egg salad**
- **High-fat yogurt**
- **Mascarpone cheese mixed with a little erythritol**
- **Nori**
- **Nuts (macadamia nuts, almonds, pecans, brazil nuts)**
- **Nut butter (including peanut butter, in moderation)**
- **Pickles**
- **Sardines**
- **Soft cheese with celery**
- **Olives**

- Veggies with blue-cheese dressing dip

Beverages

- Bone broth
- Bulletproof coffee
- Coffee
- Almond milk (unsweetened only)
- Sparkling water
- Tea
- Water

VEGETABLES-KETO GRADES

KETO FRIENDLY: Low-Carb Vegetables (3 or less net carbs per 1/2 cup, raw)

- Arugula
- Artichokes
- Asparagus
- Avocado (technically a fruit ...:-)
- Bell pepper
- Bok choy
- Broccoli
- Broccoli rabe
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Green beans
- Kale
- Kohlrabi
- Mushrooms
- Mustard greens
- Radish
- Spinach
- Swiss chard
- Sugar snap peas
- Summer squash
- Tomato
- Watercress
- Zucchini



LIMIT: Higher-Carb Vegetables (6 or less net carbs per 1/2 cup, raw)

- Carrots
- Onions
- Rutabaga

AVOID: Highest Carb Vegetables (more than 7 net carbs per 1/2 cup, raw)

- Beets
- Corn
- Legumes
- Parsnips
- Peas
- Potatoes
- Sweet potatoes
- Yams
- Yucca

WHICH SWEETENERS ARE BEST FOR KETO?



ERYTHRITOL

Causes the least digestive issues, almost no effect on blood sugar, works in a similar way to regular sugar.



STEVIA

Zero carbs or calories, has a slight bitter aftertaste, doesn't cause any digestive issues.



MONK FRUIT

Very low calorie, no impact on blood sugar and doesn't cause digestive problems.

MOST COMMON !!TRIGGER!! FOODS:

-Dairy

-Alcohol

-Sweeteners

-Prepackaged foods