

LOW CARB PANTRY CHEAT SHEET

Daily Diet Dish

DRIED/CANNED GOODS

- Oatmeal
- Oat flour
- Coconut flour
- Almond flour
- Flaxseed Meal
- Canned tomato
- Pitted black olives
- Nuts & seeds
- Erythritol / Stevia
- Canned tuna/ salmon
- Tahini
- Quinoa

FRIDGE

- Meats / poultry
- Fish / shellfish
- Eggs
- Bacon / sausage / ham
- Fruits & berries
- Fresh vegetables
- Eggs
- Cheese
- Cream
- Full fat yogurt
- Full fat cream cheese
- Full fat mayonnaise
- Sour cream

OILS, FATS, SAUCES

- Coconut Oil
- Olive Oil
- Avocado Oil
- Coconut Cream
- Almond butter
- Regular butter
- Salt
- Pepper
- Paprika
- Chili
- Vinegars
- Dried & fresh herbs



SNACKS

- Kale chips
- Coconut chips
- String cheese
- Beef Jerky
- Nuts

BEVERAGES

- Sparkling water
- Teabags
- Coffee
- Alcohol- Pure, zero carb spirits like tequila, whiskey, vodka, etc.

EQUIPMENT

- Spiralizer
- Food processor
- Slow cooker
- Blender

[BACK TO SITE](#)