

# Table of Pantry Staples to help set up the Low-Carb / Keto Kitchen,

*From [takebackyrhealth.com](http://takebackyrhealth.com)*

Almond flour  
Coconut flour  
Green banana flour, (expensive but only used as a fish coating)  
Ground Psyllium Husk  
Sesame seeds  
Flax seed or ground flax seed  
Baking powder

Pink Himalayan salt  
Iodised salt  
White salt in grinder  
Black pepper in grinder  
Oregano  
Onion powder  
Garlic powder

Apple cider vinegar  
Balsamic vinegar (low sugar)  
Mayonnaise (low sugar, low omega 6)  
Tartare sauce (low sugar, low omega-6)

Butter  
Camembert cheese or Brie  
Cottage cheese  
Cream (full)  
Cream cheese  
Eggs  
Sour cream  
Thickened or double cream  
Unsweetened Greek yoghurt  
Unsweetened tartare sauce (ideally)

Coconut oil  
Avocado oil  
Olive oil, (extra virgin)  
Lemon juice  
Lime juice

Cheddar  
Mozzarella cheese  
Parmesan cheese

Bacon  
Chicken  
Mince (fatty)  
Pork rinds (can be ground to use as a coating on chicken)  
Pork sausages  
Pork shoulder  
Steak

Sardines in spring water  
Tuna in olive oil  
Tomato paste, (low sugar)

Almonds (Tamari)  
Cashew nuts  
Macadamia nuts

Dark chocolate, > 70%  
Stevia or  
Erythritol or  
Monk fruit sweetener

Vegetables:

Broccoli  
Brussel sprouts (occasional)  
Cabbage  
Capsicums  
Carrots (used sparingly)  
Cauliflower (Frozen cauliflower rice)  
Celery  
Green beans  
Lettuce  
Onions, Brown, red and spring  
Parsley  
Peas (used occasionally)  
Salad mix  
Silver beet (Swiss chard)  
Spinach  
Zucchini

Avocado  
Blueberries (occasional)  
Raspberries  
Strawberries