

WHAT YOU WILL FIND IN
OUR LOW CARB KITCHEN

30

Keto Diet Staples

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FRUGAL SHOPPING ON A
TIGHT BUDGET

1. ALMOND, COCONUT FLOUR
2. UNSWEETENED COCOA
- 3, UNSWEETENED ALMOND MILK
- 4, ALMOND BUTTER
- 5, NATURAL PEANUT BUTTER
- 6, TORANI SUGAR FREE SYRUP
/ PINK HIMALAYAN SALT
- 8, RAW CASHEWS, ALMONDS,
PECANS AND SLICED ALMONDS
9. XANTHAN GUM+BAKING PWD.
10. CREAM CHEESE+ BUTTER
11. MOZZARELLA CHEESE
12. SUGAR-FREE MAPLE SYRUP
- 14, 35% WHIPPING CREAM
15. CINNAMON + SPICES
16. CANNED TOMATOES
17. BACON AND OTHER MEATS/FISH
19. COCONUT OIL AND MILK+MCT
- 20 OLIVES + PORK RINDS
21. COFFEE+ EXTRACTS