

# KETO PANTRY ESSENTIALS

**\*DAIRY FREE EDITION\***

## Cooking

Almond Flour  
Coconut Flour  
Broth (Chicken/Beef/Bone)  
Pink Himalayan Salt  
Coarse Kosher Salt  
Shiritaki Noodles  
Nutritional Yeast

## Baking

Erithrytol  
Lily's Baking Chips  
Baking Soda  
Vanilla Extract  
Xanthan Gum  
Aluminum-free Baking Powder  
Unsweetened Cocoa Powder  
Unsweetened Baking Chocolate  
Sugar Free Syrup (like Lakanto)

## Sauces and Condiments

Mayo  
Reduced Sugar Ketchup  
Hot Sauce  
SF/DF Salad Dressings  
Reduced Sugar Marinara

## Fats

Extra Virgin Olive Oil  
Coconut Oil  
Avocado Oil  
Coconut Oil Spray  
Butter Flavored Coconut Oil

## In The Fridge

Bacon  
Pepperoni  
Salami  
Eggs  
Salsa  
Unsweetened Almond Milk  
Unsweetened Coconut Milk  
Dairy Free Sour Cream  
Dairy Free Cream Cheese

## Snacks

Pork Rinds  
Almonds  
Pecans  
Natural Creamy Peanut Butter  
Natural Crunchy Peanut Butter  
Canned Tuna  
Bacon Bits  
Olives  
Meat Sticks  
Reduced Sugar Jerkey