

KETO MUST-HAVES

PANTRY

- NUTS
- ALMOND FLOUR
- PORK RINDS
- CHEESE WHISPS
- PORK RIND PANKO
- SUGAR SUBSTITUTE
- UNSWEETENED COCOA
- DARK CHOCOLATE CHIPS
- BEEF STICKS
- EVERYTHING BUT THE BAGEL SEASONING
- BEEF OR CHICKEN BROTH
- OLIVE OIL
- VINEGAR

MEATS

- CHICKEN BREASTS
- GRASS-FED GROUND BEEF
- STEAK
- FISH
- BACON

FRIDGE

- EGGS
- ALMOND MILK
- CHEESE
- KERRYGOLD BUTTER
- HEAVY CREAM
- PEPPERONI SLICES
- OLIVES
- PICKLES
- MAYO
- MUSTARD

VEGETABLES

- AVOCADOS
- GRAPE TOMATOES
- CAULIFLOWER
- LETTUCE
- CELERY
- PEPPERS
- ZUCCHINI

FRUITS

- BERRIES
- LEMON / LIME

