

the **BEST**
START TO
KETO

WORK BOOK

BY HOMESPUN MOM

KETO PANTRY STAPLES

GUIDE TO A WELL STOCKED KITCHEN

www.homespunmom.com

PANTRY

- almond flour
- coconut flour
- broths
- canned tuna
- canned chicken
- canned tomatoes
- coconut milk
- salad dressings
- mayonnaise
- mustard
- sugar free ketchup
- vinegars
- Bragg's aminos or coconut aminos
- sugar free BBQ sauce
- no sugar added peanut butter
- jarred or canned olives
- roasted jarred peppers
- nuts: almonds, walnuts, pecans
- sugar free chocolate chips
- unsweetened coconut
- tomato paste
- xanthan gum
- cocoa powder
- granular sugar sub (ex. Swerve)
- powdered sugar sub (ex. Swerve)
- brown sugar substitute (ex. Truvia)

- salt & pepper
- garlic & onions
- baking powder
- olive oil
- coconut oil
- Italian seasoning
- worcestershire sauce
- dill pickles
- wide range of spices (start collecting)
- _____
- _____
- _____
- _____

PRODUCE

- | | |
|-----------------------------------|---------------------------------------|
| <input type="checkbox"/> spinach | <input type="checkbox"/> mushroom |
| <input type="checkbox"/> lettuce | <input type="checkbox"/> tomato |
| <input type="checkbox"/> berries | <input type="checkbox"/> celery |
| <input type="checkbox"/> turnips | <input type="checkbox"/> broccoli |
| <input type="checkbox"/> radishes | <input type="checkbox"/> cauliflower |
| | <input type="checkbox"/> bell peppers |
| <input type="checkbox"/> _____ | |
| <input type="checkbox"/> _____ | |
| <input type="checkbox"/> _____ | |
| <input type="checkbox"/> _____ | |

REFRIGERATOR

- butter
- HWC
- eggs
- rotisserie chicken
- parmesan cheese
- lemons
- various cheeses
- cream cheese
- _____
- _____
- _____

FREEZER

- | | |
|--------------------------------------|---|
| <input type="checkbox"/> peas | <input type="checkbox"/> Brussel sprouts |
| <input type="checkbox"/> spinach | <input type="checkbox"/> rice cauliflower |
| <input type="checkbox"/> bacon | <input type="checkbox"/> frozen berries |
| <input type="checkbox"/> shrimp | <input type="checkbox"/> broccoli |
| <input type="checkbox"/> meat | <input type="checkbox"/> seafood |
| <input type="checkbox"/> green beans | |
| <input type="checkbox"/> _____ | |
| <input type="checkbox"/> _____ | |
| <input type="checkbox"/> _____ | |
| <input type="checkbox"/> _____ | |

PANTRY TIPS

- Convert pantry slowly. Pick a few basics each week to add to your pantry and remove items as you go. The first items to remove are items containing wheat, soy, and sugar greater than a few grams. Check your labels.
- Fresh produce is important but sometimes just buying the frozen versions of will help it last longer and preserve nutrients.
- The larger variety of keto friendly ingredients and foods that you have, the larger your list of favorite keto recipes will become.
- Give it 90 days. It can take a while to convert a pantry to keto. Don't fill rushed but explore ingredients and add them as need.
- What about family? Not everyone is on board with this way of eating in your house? That's okay. My family doesn't eat strict keto and enjoys non-keto food from time to time. Fruits and grains are still a part of their diet but over all, they have enjoyed the recipes I've made.

EASY KETO FRIENDLY SUBSTITUTES

regular flour	▶▶	almond, coconut flour
flavored yogurt	▶▶	plain greek yogurt, chia pudding
tortillas	▶▶	low carb tortillas or lettuce wraps
pasta	▶▶	shirataki noodles, zucchini pasta
mashed potatoes	▶▶	mashed cauliflower
hashbrowns	▶▶	cauliflower hashbrowns
potato chips	▶▶	pork rinds, parsnip chips
bread crumbs	▶▶	crushed pork rinds, crushed almonds
croutons	▶▶	crispy parmesan chips
fries	▶▶	zucchini fries
latte	▶▶	bullet proof coffee (BPC)
sugar	▶▶	stevia, erythritol
ice cream	▶▶	halo top ice cream
milk	▶▶	unsweetened almond/coconut milk
half & half	▶▶	heavy whipping cream
pizza crust	▶▶	cheese crust, almond/coconut flour crust
hamburger buns	▶▶	oopsie bread buns
pasta sauce	▶▶	Rao's low carb sauce
soups	▶▶	chicken broth with spices
rice	▶▶	cauliflower/broccoli rice
high carb veggies	▶▶	dried spices
regular alcohol	▶▶	spirits, low carb beer, dry wine
oatmeal	▶▶	chia seed meal with almond milk
waffles/pancakes	▶▶	almond/coconut flour recipes

GROCERY LIST

Cross reference recipe lists with items you already have in your pantry. Add items needed below.

PRODUCE

Item	qty/size	coupon
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>

MEAT | FISH

Item	qty/size	coupon
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>

CANS | BOXES

Item	qty/size	coupon
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>

SNACKS

Item	qty/size	coupon
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>

BEVERAGES

Item	qty/size	coupon
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>

SPICES | CONDIMENTS

Item	qty/size	coupon
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>

FROZEN

Item	qty/size	coupon
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>

DELI | PANTRY

Item	qty/size	coupon
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>

BAKING

Item	qty/size	coupon
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>

PAPER | CLEANING

Item	qty/size	coupon
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>

HOUSEHOLD | PERSONAL

Item	qty/size	coupon
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>

OTHER

Item	qty/size	coupon
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>

MEAL PLANNING





















