

PANTRY LIST

FATS AND OILS:

There are lots of healthy fats and oils that you can use in a well formulate ketogenic lifestyle. Here is a list of the best options for cooking and frying. You want oils that are low in PUFA (Poly Unsaturated Fatty Acids) and high in SFA (saturate fatty acids) because SFA are more stable and are less likely to get oxidized and cause inflammation.

GOOD FATS:

Coconut oil: 1.9% PUFA (92% saturated fatty acids (SFA))

Palm kernel oil: 2% PUFA, (82% SFA)

Cocoa Butter: 3% PUFA (60% SFA)

Beef Tallow: 3.1% PUFA (49.8% SFA)

Ghee: 4% PUFA (48% SFA)

Butter: 3.4% PUFA (50% SFA)

Lard: 12% PUFA (with 41% SFA)

Duck fat: 13% PUFA (with 25% SFA)

Macadamia oil: 10% PUFA (15% SFA)

Avocado oil: 10% PUFA (11% SFA)

High Oleic Sunflower oil: 9% PUFA (8% SFA)

Hazelnut Oil: 14% PUFA (with 10% SFA)

Almond oil: 17% PUFA (with 8.2% SFA)

Olive oil: 9.9% PUFA (with 14% saturated fat) (although this one should never be used for cooking which will cause oxidation. So only use in dressings, etc.)

BAD FATS:

Make sure to avoid these fats and oils. In general, you want to avoid most vegetable and seed oils especially those high in omega-6 which can cause inflammation in the body.

Margarine

Vegetable Shortening

Grapeseed oil: 70.6% PUFA

Sunflower oil: 68% PUFA

Flax oil: 66% PUFA

Safflower oil: 65% PUFA

Soybean Oil: 58% PUFA

Corn oil: 54.6% PUFA

Walnut oil: 53.9% PUFA

Cottonseed oil: 52.4% PUFA

Vegetable oil (soybean oil): 51.4% PUFA

Sesame oil: 42% PUFA

Peanut oil: 33.4% PUFA

Canola oil: 19% PUFA

NATURAL SWEETENERS:

We always use natural sweeteners in our recipes. Avoid all artificial sweeteners like sucralose, splenda, aspartame, saccharin, etc. They are not healthy options and cause an extra load on our livers.

Also avoid sweeteners high in carbs like Agave, Honey, Coconut sugar and molasses.

These natural sweeteners are all derived from plants and are just as natural as honey or maple syrup without all the sugar grams.

1. STEVIA

Something to Watch For: Since it is so concentrated many companies such as “Stevia In the Raw” add ‘bulking’ agents to make it useful for baking with such as maltodextrin. STAY AWAY from those products. Sugar has a glycemic index of 52 where maltodextrin has a glycemic index of 110!

When I first started writing recipes years ago I used products that contained maltodextrin and probably had a dessert every day that contained it. When I realized how bad it was I lost 7 pounds in a week!

Look for products with just stevia as the ingredient or with stevia combine with another natural sweetener listed below (erythritol, etc.).

Another great option that I use in my recipes is stevia glycerite. It is a less bitter alternative and can give a more balance sweetness.

Glycemic Index of Sweeteners

Stevia Glycerite = 0

Swerve = 0

Erythritol = 0

Allulose = 1

Yacon = 1

Xylitol = 7

Maple Syrup = 54

Honey = 62

Table Sugar = 68

Splenda = 80

HFCS = 87

2. ERYTHRITOL

One thing I find interesting is some people's reluctance to try alternative sweeteners like Erythritol and Xylitol. Many times, they think they are artificial sweeteners due to their chemical sounding names.

While this is typically a good instinct when looking at ingredient labels, in this case it is not warranted. Erythritol is a sugar alcohol or polyol. It is found naturally in some fruits and fermented foods. From the Wikipedia page it is “almost noncaloric, does not affect blood sugar, does not cause tooth decay, and is partially absorbed by the body, excreted in urine and feces. It is less likely to cause gastric side effects than other sugar alcohols due to its unique digestion pathway.” The typical manufacturing process involves using yeast to ferment glucose (typically from vegetables).

When using good non-GMO vegetables, this process is no less natural than distilling maple syrup. I think that this is somewhat similar to calling salt “sodium chloride”. Salt is mainly sodium chloride but if we said “put some sodium chloride on my eggs” instead of “put some salt on my eggs”, the perception is very different. Or like calling Maple Syrup what it really is, Concentrated Xylem Sap.

3. MONK FRUIT (LO HAN GO)

Monk fruit is native to China and has a sweetness that is 300 times sweeter than sugar, similar to stevia. But unlike stevia, it doesn't have the bitter aftertaste.

Again, be a detective and watch the ingredients. Since it is 300 times sweeter than sugar, it is typically bulked up with another sweetener so watch out for maltodextrin, etc.

4. SWERVE (AND OTHER BLENDED SWEETENERS)

Swerve is a great tasting, natural sweetener that measures cup-for-cup just like sugar. Made from a unique combination of non-GMO ingredients derived from fruits and vegetables, Swerve contains no artificial ingredients, preservatives or flavors. Swerve is non-glycemic and safe for those living with diabetes. Human clinical trials have shown that Swerve does not affect blood glucose or insulin levels.

The secret to the zero-calorie sweetness is a combination of erythritol and oligosaccharides that provide excellent baking and cooking functionality. And with the ability to brown and caramelize, Swerve is a great all-purpose sub for sugar.

Other blended sweeteners can have great flavor and results in baking. Blending multiple natural sweeteners gives the product a better overall flavor and sweetness. Some great examples are Sukrin, Pyure (Erythritol and Stevia), Norbu (Erythritol and Monk Fruit), Natvia (Erythritol and Stevia), Lankato (Erythritol and Monk Fruit) and Zsweet (Erythritol and Stevia).

5. YACON SYRUP

What is Yacon Syrup you ask? It is a very thick syrup that is fresh pressed from the Yacon root (*Smallanthus sonchifolius*) and has been consumed for centuries in Peru.

You wouldn't want to use Yacon on its own, mainly because it is very expensive but also because it does have some fructose in it. We bought a small jar and it has lasted us 4-6 months. I basically use a tablespoon here and there to make smooth sauces such as my sweet-n-sour sauce, ketchup and BBQ sauce to create a perfect mouth-feel in my Sweet-n-Sour sauce or that molasses flavor profile in BBQ sauce. This keeps sugar to 1g or so per serving. And if weight loss is the main goal, I would avoid yacon until you are closer to your goals.

6. INULIN SWEETENERS

Inulin based sweeteners can be used sparingly in a well formulated ketogenic diet. But you need to take care with these as the carbs can add up quickly. Even though they are all fiber carbs, too much can kick you out of ketosis. I have seen it many times with clients. So, used sparingly for special occasions (like my chocolate chip cookies to get that chewy texture). And if weight loss is the main goal, I would avoid inulin until you are closer to your goals.

Just Like Sugar is a popular form of inulin sweetener (chicory root inulin). It comes in regular and brown sugar and has 97g of carbs per 100 grams (almost all fiber).

7. XYLITOL

Xylitol is a naturally occurring low-calorie sweetener found in fruits, vegetables and certain hardwoods. Our bodies can produce up to 15 grams of xylitol per day from the foods we consume. Xylitol produces a lower glycemic response than sucrose or glucose, so it has minimal side effects on blood sugar and insulin. It is not as low as erythritol (Swerve), but sadly erythritol doesn't work recipes such as low-carb hard candies like my Suckers or Jolly Ranchers because it will not melt down properly (it crystallizes as it cools). Also, some people prefer the taste of xylitol as compared to erythritol. And if weight loss is the main goal, I would avoid xylitol until you are closer to your goals. Also, be careful around pets as xylitol is toxic to dogs.

8. ALLULOSE

Allulose is new sweetener that is a rare sugar that doesn't get digested. It only has 10 calories per serving (similar to xylitol) but has zero impact on blood sugars or ketones. We even had a friend test on his type 1 diabetic son and there was zero change in blood sugar. About 2/3 of allulose goes out through the urine. Then rest goes out through the large bowel. I would use in moderation as to not get GI issues (gas, bloating, etc).

It has many great properties as it cooks just like sugar and taste very much like sugar. It also keeps ice cream soft in the freezer. But it can cause some GI stress with too much consumption (gas, etc) so make sure to use moderately.

KETOGENIC SNACKS

1. Canned Sardines
2. Canned Tuna
3. Canned Anchovies
4. Canned Salmon

5. Cheese Crisps

6. Pork Cloud Pork Rinds

7. Smoked Oysters and Clams

8. Beef Sticks and Beef Jerky

9. Nuts (avoid cashews, chestnuts and pistachios). Pili nuts are best.

10. Olives (green and black)

11. Adapt bars

HERBS AND SPICES

Anise, annatto, basil, bay leaf, black pepper, caraway, cardamom, cayenne pepper, celery seed, chervil, chili pepper, chives, cilantro, cinnamon, cloves, coriander, cumin, curry, dill, fenugreek, galangal, garlic, ginger, lemongrass, licorice, mace, marjoram, mint, mustard seeds, oregano, paprika, parsley, peppermint, rosemary, saffron, spearmint, star anise, tarragon, thyme, turmeric

Quality salts!

Avoid: Spice blends with added sugars or preservatives. Some with extracts and flavorings like vanilla.

HEALTHY TIP: Cinnamon (must be ceylon, not the typical cassia. Cassia has a compound that can be harmful over time)

NUTS AND SEEDS

Almonds, Brazil nuts, hazelnuts, macadamia nuts, pecans, pumpkin seeds, sesame seeds, sunflower seeds, walnuts, Pili nuts.



Almond Butter, macadamia nut butter, pecan butter, sunflower butter (check for no sugar).

Avoid: cashews, chestnuts and pistachios.

BAKING SUPPLIES

1. Almond flour
2. Coconut flour
3. Protein powders (unsweetened whey or egg white if dairy sensitive). Watch for added sugars (should be as close to 0g carbs as possible, no more than 4g per serving).
4. Cocoa butter
5. Baking soda
6. Baking powder
7. Xanthum and guar gum (thickeners)
8. Unsweetened cocoa powder
9. Unsweetened baking chocolate
10. Extracts: Apple, strawberry, raspberry, caramel, maple, vanilla, almond, peach
11. SWERVE sweetener (general purpose sweetener).

OTHER PANTRY ITEMS

1. BONE BROTH: I am more like you than you realize... you can find me opening a jar of Epic organic beef broth instead of making my own broth quite often. BUT when I am not overwhelmed with work, I slow down and prepare a lot of things I know I should be doing such as making my own bone broth.
2. Gelatin: I don't use regular store brand gelatin. I use Great Lakes Gelatin. It is made from pastured cows in Argentina that have not been treated with antibiotics or hormones. I bought a HUGE amount (gelatin doesn't spoil!). Remember, Red can = gels up like jello, green can = doesn't gel up.
3. Coconut Vinegar and Apple Cider Vinegar. Coconut vinegar has added benefits including FOS for prebiotics.
4. Salad Dressings: Check for healthy oils and no sugar.
5. Mustards: Check for no sugar. Organic is preferred.
6. Mayo: check for junky oils and added sugar
7. Kelp Noodles
8. Tomato Sauce in glass Jars: the acid in tomatoes leach metal if stored in aluminum cans.
9. Pork Dust
10. Miracle Noodles and Miracle Rice
11. Nori Sheets: for making my Egg Rolls!
12. Marinara sauce: made with quality olive oil and no sugar added!

KETOGENIC DRINK IDEAS

1. Everly natural sugar free drink mix!
2. TEAS: I love a tasty chocolate caramel caffeine free tea at night!
3. LaCroix mineral water. I love the strawberry kiwi!
4. Steaz Tea
5. Leaf & Love Organic Lemonade
6. Bone Broth: makes a tasty warm beverage!
7. Zevia soda.

So, these are just some of the ingredients that can get you started on “healthifying” your pantry! Don’t wait another day! You DESERVE this! It took me years... no, more than a decade, to “healthify” my pantry. I wish I would have ripped the band-aid off and did it all right away. It would have helped me so much. Don’t waste a decade like I did!