

Keto Pantry Ingredients: Eliminate the Old Replace with the New

	Eliminate	Replacement
Acohol	All, especially beer and sweetened cocktails.	After first 30 - 90 days, 1 glass red wine or straight tequila shot max 4 days per week. Consider "Dry Farmed Wines"
Beverages	soft drinks, energy or sports drinks, bottled, fresh squeezed designer juices, blended smoothies made from fruit and fruit juice, sweetened alternative milks, sweetened tea, powdered drink mixes, all diet sodas, 0 calorie drinks, artificially sweetened drinks (promote sugar cravings), most kombucha and other fermented probiotic drinks	Water, mineral or carbonated water. Mix: 2/3 carbonated water + 1/2 kombucha + lemon and lime
Baking Ingredients	Flours, starches, powdered sweeteners, corn syrup, agave, maple, molasses, honey	Almond and coconut flour, stevia and monk fruit sweetener in small amounts and on occasion
Condiments	Vegetable Oil based oils, dressings and mayos. Jams, jellies, ketchup	Look for avocado or olive oil based condiments ie. Primal Kitchen
Dairy	Non or low-fat milk, processed cheese and cheese spreads. (sugar bombs, higher lactose and casein and concern in allergy/auto immune, IGF stimulation)	Pasture-raised, organic, fermented, unpasteurized, unsweetened cheese, cream, butter, yogurt, and whole milk
Fats & Oils	High polyunsaturated vegetable and seed oils, and their products (canola, corn, soy, sunflower, safflower etc.) Transfats	For eating without cooking: Avocado, coconut or olive oil For cooking: Avocado, coconut, macadamia, ghee, butter, lard Low temperature cooking: Olive oil, toasted sesame seed oil
Grains	Cereal, corn, pasta, bread and flour products, grains, pancakes, waffles, chips, puffed snacks	Swaps in lettuce, collard, kale leaves, coconut or cauliflower wraps. Use coconut flour or almond meal for regular flour; and high fat nuts, seeds and their butters, >85% dark chocolate, sardines, and hard boiled eggs as a replacement.

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Legumes	Alfalfa, beans, peanuts/peanut butter, peas, lentils, soy/tofu. Put on side-lines for keto	Swap in cauliflower, or broccoli for chickpeas in hummus
Processed Meat	Watch for bad oils, sweeteners, nitrites, and chemical additives. Mass produced meat, fish, chicken and eggs often contain hormones, antibiotics and pesticides and have an inferior nutrition and fatty acid profile.	Pasture raised, grass fed only. Look online for wild Alaskan salmon or grass fed beef for delivery.
Snacks	Energy bars, fruit rolls and bars, protein bars	Toasted coconut, minimally sweetened jerky, nuts and seeds, 85-90% dark chocolate
Sweets	Brownies, candy, cake, cookies, donuts, ice-cream, milk chocolate, pie. All sugar (agave, brown sugar, cane sugar, evaporated cane sugar, HFCS, honey, molasses, raw sugar)	85-90% dark chocolate