## Fridge Stock List

### Fresh Meat
- Beef
- Chicken
- Turkey
- Duck
- Goose
- Lamb
- Goat
- Venison
- Offal (Liver, Heart, Kidney, Etc)

### Seafoods
- Shrimp
- Fish
- Crabs
- Caviar
- Halibut
- Catfish
- Lobsters
- Mussel
- Seaweed
- Oyster
- Shellfish
- Wild-Caught Fish

### Deli Counters
(No added Sugar or starches)
- Sausages
- Salami
- Bacon
- Salad
- Pancetta
- Ham
- Pepperoni
- Cured Meat
- Biltong
- Beef Jerky
- Prosciutto

### Dairy
(No added Sugar or starches)
- Butter
- Full Cream
- Full Fat Yogurt
- Sour cream
- Cream Cheese
- Eggs
- Ricotta
- Cottage Cheese
- Gelatin
- Heavy Cream
- Soft and Hard Cheese

### Vegetables
- Lettuce
- Broccoli
- Arugula
- Swiss Chard
- Celery
- Spinach
- Asparagus
- Cilantro
- Okra
- String Beans
- Cucumbers
- Cabbage
- Zucchini
- Collard Greens
- Brussel Sprouts
- Leeks
- Alfalfa Sprouts
- Bokchoy
- Moringa Leaves
- Chives
- Endive
- Radicchio
- Bitter Melon
- Radish
- Spaghetti Squash
- Bamboo Shoots
- Artichoke
- Mushrooms
- Onions
- Peppers
- Ginger Root
- Turnips
- Eggplant
- Garlic
- Cauliflower
- Dill
- Parsley
- Kale

### Fruits
- Strawberries
- Raspberries
- Gooseberries
- Avocado
- Olives
- Rhubarb
- Coconut Meat

### Philippine Fruits
- Avocado
- Starfruit
- Makopa
- Guava
- Aratilis
- Lanzones
- Watermelon
- Cantaloupe
- Coconut Meat

### Others
- Mustard
- Pesto
- Pickles
- Kimchi
- Unsweetened Ketchup
- Mayonnaise Dips
- Sauerkraut
- Fermented Foods
Use this list to identify your favorite low-carb items. Check ingredients for added sugars and starches; check serving size and carb count (subtracting fiber from total carbs for net carbs) to stay within daily limits. Some of these items will need refrigeration after opening.

## PANTRY STOCK LIST

### Canned Meat
- Sardines
- Tuna
- Ham
- Mackerel
- Anchovies
- Beef Jerky (no added sugar)
- Beef in Canned
- Salmon
- Pork rinds (Chicharon)

### Cooking & Baking
- Almond Flour
- Coconut Flour
- Psyllium husk
- Xanthan Gum
- Cream Of Tartar
- Baking powder
- Baking Soda
- Himalayan Salt
- Kosher Salt
- Sea Salt
- Monkfruit
- Stevia
- Erythritol

### Beverages
- Coffee
- Tea
- Zero Soda
- Wine
- Water with lemon
- Water with cucumber
- Ginger Water

### Fats & Oils
- Olive oil
- Avocado oil
- Macadamia oil
- Coconut oil
- Mct Oil
- Lard
- Tallow
- Chicken Fat
- Duck Fat
- Goose Fat
- Clarified Butter
- Ghee

### Condiments & Canned Goods
- Fish Sauce
- Green Peas
- Mushrooms
- Sauerkraut
- Vinaigrette
- Coco Aminos
- Rice Vinegar
- Mustard
- Apple Cider
- Coconut Vinegar
- Konjac Noodle
- Egg white (protein)
- Whey Protein (No Additives)
- Gelatin (Hormone Free)

### Nuts & Seeds
- Pecans
- Walnuts
- Almonds
- Chia Seeds
- Flax seeds
- Macadamia
- Sunflower Seeds
- Pumpkin Seeds
- Hazelnuts
- Pines
- Lentils
- Chick Peas
- Green Peas
- Hemp seeds