

# PRODUCTS I use or recommend

What follows is a list of products that I typically use, or which have favorable macronutrient profiles for a person following a ketogenic diet. Items for which I use the product's nutritional data in my recipe macro calculations are marked (M). If not marked, assume I am using NCCDB or USDA data for the calculations. Bob's Redmill, Brass Roots, Manitoba Harvest, Kevala, and Edward & Sons have been kind enough to provide me with unrounded nutritional data for 100 grams of some of their products and so I have used

this data in my calculations in place of less precise label data. Some of these brands may not be available to you as they are not all sold worldwide. Where I live, in Abu Dhabi, items from various parts of the world are available. Some items I order from abroad, often through iHerb.com and others I pick up when I'm visiting North America. Disclaimer: there may be other items on the market with better flavor or more favorable nutritional profiles. I have not taste-tested or compared all of the available options.

agar agar – Now Foods (M)  
almond flour – Bob's Redmill  
allulose – Health Garden (M)  
almond extract – Simply Organic  
artichoke hearts, marinated in oil – Sacla  
baking chocolate – Baker's  
baking powder and soda – Bob's Redmill  
baru nuts – Nuts.com (M)  
bouillon cubes – Edward & Sons (M)  
butter – Miyoko's (M)  
cacao powder – Sunfood  
chia seeds – Bob's Redmill (M)  
chickpea flour – Bob's Redmill  
chocolate chips, dark – ChocZero (M)  
coconut aminos – Coconut Secret (M)  
coconut flour – Bob's Redmill  
coconut milk, canned – Aroy-D (M)  
curry paste, red and green – Aroy-D (M)  
edamame, dry-roasted, salted – Seapoint Farms (M)  
edamame, frozen, shelled and whole – Seapoint Farms (M)  
eggplant, roasted, purée – Palirria or Sera  
erythritol – Swerve  
flaxseed meal, golden – Now Foods or Bob's Redmill  
hemp hearts – Manitoba Harvest (M) or Now Foods  
herbs, dried – Simply Organic  
jackfruit, young green, canned – Aroy-D (M)  
kala namak – Caravel Gourmet  
kelp noodles – Sea Tangle  
kimchi, napa cabbage – Sinto Gourmet (M)  
liquid smoke – Stubb's (M)  
liquid stevia – Now Foods (M)  
lupin flour – Lupina (M)  
lupin, ground/flakes – Carrington Farm  
lupini beans, brined – Cento (M), Brami, or Unico  
marinara – Rao's  
mayonnaise – Hellman's  
MCT oil powder – Garden of Life (M)  
miso paste, white – Miso Master  
mustard, Dijon, smooth – Maille  
nutritional yeast flakes, fortified – Bob's Redmill (M) or KAL  
nutritional yeast flakes, unfortified – Foods Alive (M)

olive oil – Bertolli or Borges  
pasta, chickpea – Barilla (M), Banza, or Al Dente  
pasta, black (soy)bean and edamame – Liviva (M) or Explore Cuisine  
pea milk – Ripple (M)  
peanut flour, defatted – Protein Plus (M)  
peanuts, oil-roasted – Nuts.com  
pesto – Biona (M)  
pickles, dill – Bubbies  
protein powder, pea, unsweetened – Now Foods (M)  
protein powder, Vega Sport Vanilla – Vega (M)  
psyllium husks, whole and powdered – Now Foods  
pumpkin seeds, shelled – Bob's Redmill (M) or Now Foods  
pumpkin, canned – Libby's  
risoni/"rice", chickpea – Explore Cuisine  
sacha inchi seeds – Brass Roots (M)  
salsa, tomato-based, jarred – Tostitos  
seaweed snacks, salted or sesame – Gimme (M)  
sesame seed flour – Kevala (M) or Sukrin  
sesame seeds, unhulled (i.e. brown or black) – Kevala  
shirataki noodles – Skinny Pasta (M)  
spices – Simply Organic  
soymilk, unsweetened – Alpro  
sriracha – Tuong Ot Sriracha  
(there is an NCCDB entry for Tuong Ot Sriracha)  
sunflower seed butter, unsweetened – SunButter (M)  
sunflower seeds, shelled – Bob's Redmill  
tahini – Pepperwood Organics  
tamari – Kikkoman  
tea bags – Celestial Seasonings  
tofu, extra firm – House Foods (M)  
tofu, extra firm, silken – Mori-nu (M)  
tofu, super firm – Wildwood (M)  
tomatoes, canned, diced and sauce – Hunt's (M)  
(label data used for diced, not for sauce)  
tomatoes, sun-dried, marinated in oil – Sacla  
TVP, pea-based – Plant Boss (M)  
TVP, soy-based – Bob's Redmill  
vanilla extract, alcohol-based – Simply Organic  
Worcestershire sauce – The Wizard  
xanthan gum – Now Foods (M)