

# VEGAN KETO PANTRY staples

Eating a diverse, nutritious, and enjoyable vegan ketogenic diet requires stocking your kitchen with items you may not typically have on hand. It's not uncommon for people who start a vegan keto diet to become frustrated when they encounter recipe after recipe that requires buying a new pantry item they are unfamiliar with. What follows is a list of items I always have available in my cupboards or fridge door. Having these items readily available will make vegan keto recipes more accessible to you, especially if you're using the recipes from my book.

👉 see notes below

⚠️ often non-vegan (check ingredients)

## NUTS & SEEDS

almonds, slivered and whole  
Brazil nuts  
chia seeds  
hazelnuts 👉  
hemp hearts  
macadamia nuts  
peanuts, oil-roasted 👉  
pecans  
pumpkin seeds  
sesame seeds, unhulled (i.e. brown and black)  
sunflower seeds  
walnuts

## NUT & SEED BUTTERS

almond butter or sunflower seed butter  
peanut butter  
tahini

## SAUCES & CONDIMENTS

*Choose items with low or no added sugar.*

buttery spread  
hot sauce, e.g. sriracha  
liquid smoke  
miso paste  
mayonnaise ⚠️  
mustard  
salsa, tomato-based 👉  
tamari/soy sauce or aminos  
Worcestershire sauce ⚠️

## NOTES & TIPS 👉

*I prefer to buy blanched (i.e. peeled) **hazelnuts** because the skins burn when roasted.*

*According to national nutritional databases, **oil-roasted peanuts** have fewer net carbs than dry-roasted ones (about 1.5g per ounce or 6g per 100g). However, product labels often show them as being quite similar to one another.*

*Avoid **salsas** with added corn and beans.*

***Lupini bean** nutritional data varies widely. Unico (Canada) and Brami (US) are great options. Cento is also a good option.*

*Storebought **marinara** can be quite high in carbs, so you may need to search around. Look for one with roughly 5g net carbs per half cup or 4g net carbs per 100g. Raos (US & Canada) is a good option.*

*Look for **diced tomatoes** and **tomato sauce** with roughly 4g net carbs per half cup or 3.5 net carbs per 100g.*

***Pea-based TVP** is growing in popularity, but isn't available everywhere. I prefer it over soy-based TVP because it tends to have lower carbs and higher protein. I use the Plant Boss brand (US).*

*I prepare my own **cauliflower rice** and **soybeans** in large batches*

## CANNED & JARRED ITEMS

coconut milk, full-fat  
dill pickles  
jalapeño slices  
lupini beans, brined 👉  
marinara 👉  
olives, black and green  
pesto ⚠️  
pumpkin purée, unsweetened  
tomatoes, diced 👉  
tomatoes, sauce 👉  
tomato paste

## DRY PROTEINS

soybeans  
soybean or edamame pasta  
textured vegetable protein (TVP),  
pea or soy-based 👉

## OILS

coconut oil  
olive oil, light-flavored or  
neutral-flavored oil of preference  
sesame oil, toasted

## FROZEN ITEMS

berries, e.g. blackberries, raspberries & strawberries  
Beyond Sausages & Breakfast Links  
cauliflower rice, cooked and portioned 👉  
edamame, shelled and unshelled  
soybeans, cooked and portioned 👉

## FOR BAKING

### Flours

almond flour  
coconut flour  
flaxseed meal 👉  
lupin flour  
protein powder, plain, pea-based  
protein powder, vanilla-flavored 👉

### Other Items

agar agar powder  
baking chocolate, unsweetened  
baking powder and soda  
chocolate chips, dark, keto-friendly  
cocoa/cacao powder, unsweetened  
coconut, shredded, unsweetened  
almond extract  
vanilla extract  
xanthan gum 👉  
psyllium husks, whole and/or powdered 👉  
sweetener, e.g. allulose or erythritol, granulated 👉

## MISCELLANEOUS

bouillon cubes/powder and vegetable broth 👉  
edamame, dry-roasted  
plant-based milk, unsweetened, esp. pea or soy 👉  
MCT oil powder ⚠️  
nutritional yeast flakes  
seaweed snacks  
shirataki/konjac noodles and rice  
vinegar, red or white wine and apple cider

*and then portion these out and freeze them. Recipes can be found in my book. Cauliflower rice can also be bought (frozen and otherwise).*

*I prefer to use golden **flaxseed meal**, which has a milder flavor.*

*Look for a **protein powder** with a maximum of roughly 2g net carbs per 20g of protein. There are 0g net carb options available.*

***Xanthan gum** can be really helpful for baking and thickening dressings or sauces, but there are other methods you can use.*

*You'll find some recipes call for whole **psyllium husks** while others for powdered. I tend to use whole husks. Generally, you can use them interchangeably by weight if you prefer to buy only one variety.*

*My favorite **sweetener** is allulose. It tastes and behaves most similarly to sugar. Unfortunately, allulose isn't currently available worldwide.*

***Bouillon cubes** and **vegetable broths** often have added sugars and starches and can be quite high in net carbs. I use Edward & Sons bouillon cubes. These do contain palm oil (sustainably sourced).*

*When choosing **plant-based milks** I'd suggest not exceeding 1g net carbs per cup (240ml) for low-protein milks and 2g net carbs per cup (240ml) for higher protein milks (i.e. pea and soy).*