

AMAZON KETO PANTRY SHOPPING LIST

WHY ORDERING KETO PANTRY STAPLES FROM AMAZON WILL SAVE YOU TIME AND MONEY.

Ordering keto basics and low carb pantry staples from Amazon will save you time and money. When you shop Amazon you have access to many more keto foods than you would find at your local grocery store. You can also read product reviews to see how real keto eaters, just like you, enjoy the products.

10 reasons shopping from Amazon makes so much sense:

1. Amazon has many more keto pantry staples than most local grocery stores.
2. Amazon has lower prices than most grocery stores.
3. You can save even more on your favorite keto products if you choose Amazon's "subscribe and save."
4. Most keto foods are delivered free, right to your door.
5. If you have Amazon Prime you can often have keto pantry staples delivered either the same day (usually if you order early in the day, live close to a fulfillment center, and order \$25+ at one time), or free next day shipping.
6. You can read product reviews to decide which low carb foods you want to try.
7. If you are an Amazon Prime member and live close to a Whole Foods, you have even more options ... not only can you have keto pantry items delivered to you, but produce, meats, seafood, and frozen goods as well.
8. Add keto pantry items to your Amazon shopping cart with a click of a button, right from your phone. Then check out at your convenience.
9. The more keto pantry foods you order from Amazon, the less time you'll spend at your local grocery store.
10. You never have to run out of a favorite low carb pantry staple... just add your favorite items to your shopping cart when you run low.

THIS IS NOT A MINIMALIST LIST OF KETO PANTRY STAPLES, AND HERE'S WHY...



This list is not minimalist. It has lots and lots of pantry items (182+) that can be ordered straight from Amazon and shipped to your door. Part of being a minimalist, or just a smart shopper, is to choose those items you love and use often and be sure to have them on hand. That's where the convenience of Amazon comes in, especially if you are a Prime member.

You don't need a super comprehensive keto pantry. Just stock the items YOU use and love.

Think about your keto lifestyle. What are YOUR essentials?

Do you like to bake? If so, keep almond flour and Swerve in your pantry. I rarely bake keto treats so I don't buy those items. Almond flour is not an essential for me.

Instead, I love things like capers, pepperoncini, extra virgin olive oil, so I hate to run out of those things. Amazon "subscribe and save" program is a convenient way to keep my pantry stocked, and you also get a discount on each purchase.

Take a few minutes to create your OWN keto pantry essentials list - print it or store on your phone.

Get in the habit of adding a keto pantry essential to your Amazon shopping cart when you notice yourself running low. Then place your order once a week, or when needed.

HOW TO USE THE AMAZON KETO PANTRY LIST

1. For each category I've listed common keto pantry items, available on Amazon. I've included links to either the best sellers or highest rated items on Amazon.
2. Check the box for items you want to keep stocked in your keto pantry. Be realistic... we don't need a huge pantry full of keto-friendly foods because fresh proteins and produce should be a big part of your keto diet ... but think of the products that will make meal prep easier and tastier.
3. If you have a particular brand you love for a pantry item, write it on this sheet.
4. Get in the habit of adding items to your Amazon shopping cart *as soon as you start running low*. If you know you only have a few servings of collagen left in your bottle, add that to the list.
5. Once a week order the items you need from Amazon. I do it on Thursday when I do my regular meal planning.

KETO BREAKFAST ITEMS

Though eggs and non-starchy veggies or a bulletproof coffee are considered keto breakfast staples, there are lots of other pantry options perfect for a keto breakfast or meal at any time of day. When you order through Amazon you can have keto granola, hot cereals, and even low carb donut mixes delivered straight to your door!

- | | |
|--|--|
| <input type="checkbox"/> Keto Granola | <input type="checkbox"/> Keto Blueberry Muffin Cups |
| <input type="checkbox"/> Keto Pancake and Waffle Mix | <input type="checkbox"/> Shelf-Stable Applewood Smoked Bacon |
| <input type="checkbox"/> Low Carb Cinnamon Donut Mix | <input type="checkbox"/> Pickled Eggs |
| <input type="checkbox"/> Keto Instant Hot Cereal | <input type="checkbox"/> _____ |

TEA, COFFEE, AND LOW CARB SHELF-STABLE BEVERAGES

Your choice of tea or coffee often comes down to your own personal tastes and preference for caffeine or decaf. I happen to really, really like McDonald's coffee so I keep McD's K-cups on hand. Others are coffee aficionados and like upscale beans. The links I've provided are some of the most popular and highly-rated choices on Amazon. Whatever your choice, it's good to keep your favorite tea, coffee, and shelf-stable keto beverages (like coconut milk) on hand. Ordering through Amazon makes it simple.

- ☐ [Loose Leaf Tea](#)
- ☐ [Tea Bags](#)
- ☐ [Unsweetened Iced Tea](#)
- ☐ [Diet Iced Tea](#)
- ☐ [Coffee Beans](#)
- ☐ [Coffee K-Cups](#)
- ☐ [Keto Coffee](#)
- ☐ [Bulletproof Coffee](#)

- ☐ [Bulletproof Dark Chocolate Cold Brew Coffee \(ready to drink\)](#)
- ☐ [Vanilla Grass-Fed Collagen Creamer](#)
- ☐ [Coconut Oil Coffee Creamer](#)
- ☐ [Full Fat Coconut Milk](#)
- ☐ [Unsweetened Almond Milk](#)
- ☐ [Unsweetened Coconut Milk Beverage](#)
- ☐ _____

Need keto recipe ideas? Check out these free Kindle keto cookbooks: [28 FREE Keto Diet Cookbooks and Recipe EBooks for Kindle in 2020](#)

KETO PROTEIN POWDERS AND SUPPLEMENTS

Of course you can do keto without supplements, but many keto eaters enjoy using protein powders as shakes or in recipes, or take other supplements to promote good health. I ALWAYS buy supplements and protein powders from Amazon, for the price but mainly because I can read reviews and see what other low carb eaters are saying about a product before I invest my money.

- ☐ [Keto Protein Powder](#)
- ☐ [Collagen Peptides](#)
- ☐ [Keto-Friendly Greens Powder](#)

- ☐ [Digestive Enzymes](#)
- ☐ [Exogenous Ketones](#)
- ☐ _____

KETO-FRIENDLY SNACKS

For jerky or meat sticks, be sure to look for no, or very little, added sugar. Dark chocolate can be a great keto snack in moderation; look for 70% chocolate and higher. For keto cookies, candies and sweets, always check the carb count. I like to look at the type of artificial sweetener being used too, since I have a sensitive tummy. Definitely check out the Nuts and Seeds and Nut Butters sections for ideas. Not only are raw or roasted nuts a great keto snack, but nut butters are as well.

If you're traveling, this post lists [10 keto snacks you can take right on the plane](#).

- ☐ [Pork Rinds](#)
- ☐ [Parmesan or other cheese crisps](#)
- ☐ [Beef Jerky](#)
- ☐ [Wild Salmon Jerky](#)
- ☐ [Applewood Smoked Bacon Jerky](#)
- ☐ [Pepperoni Meat Sticks](#)
- ☐ [Dark Chocolate, 70% cacao or higher](#)
- ☐ [Dark Chocolate Almond Butter Cups](#)

- ☐ [Keto Cereal](#)
- ☐ [Keto Crackers](#)
- ☐ [Keto Protein Bars](#)
- ☐ [Keto Nut and Seed Bars](#)
- ☐ [Collagen Protein Bars](#)
- ☐ [Coconut Chips, no added sugar](#)
- ☐ [Keto Mini Cookies](#)
- ☐ [Protein Power Balls](#)

CONDIMENTS AND KETO SALAD DRESSINGS

Condiments give flavor and character to your keto cooking. As with most keto pantry items, Amazon has a huge variety of condiments for you to try. This is one reason I love looking at a product's ratings. Other people's opinions and experiences helps make decision making easier.

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|--|---|
| <input type="checkbox"/> <u>Traditional Mayonnaise</u> | <input type="checkbox"/> <u>Low Carb BBQ Sauce</u> |
| <input type="checkbox"/> <u>Avocado Oil Mayonnaise</u> | <input type="checkbox"/> <u>Yellow Mustard</u> |
| <input type="checkbox"/> <u>Chipotle Lime Mayonnaise</u> | <input type="checkbox"/> <u>Dijon Mustard</u> |
| <input type="checkbox"/> <u>Avocado Sauce</u> | <input type="checkbox"/> <u>Gourmet Mustard</u> |
| <input type="checkbox"/> <u>Coconut Aminos</u> | <input type="checkbox"/> <u>Avocado Oil Salad Dressings and Marinades</u> |
| <input type="checkbox"/> <u>Keto Ketchup</u> | <input type="checkbox"/> _____ |



COOKING AND SALAD OILS

Obviously, fat is an important part of your keto diet. There are such a wide range of oils on Amazon - you'll find much more variety than at your local grocery store. Plus, the prices are often better.

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|--|--|
| <input type="checkbox"/> <u>Extra Virgin Olive Oil</u> | <input type="checkbox"/> <u>Grass-Fed Ghee</u> |
| <input type="checkbox"/> <u>Avocado Oil</u> | <input type="checkbox"/> <u>Extra Virgin Olive Oil Cooking Spray</u> |
| <input type="checkbox"/> <u>Coconut Oil</u> | <input type="checkbox"/> <u>Coconut Oil Cooking Spray</u> |
| <input type="checkbox"/> <u>Sesame Oil</u> | <input type="checkbox"/> <u>MCT Oil</u> |
| <input type="checkbox"/> <u>Flax Oil</u> | <input type="checkbox"/> <u>MCT Powder</u> |
| <input type="checkbox"/> <u>Walnut Oil</u> | <input type="checkbox"/> _____ |

Or add your own liquid oil to this [reusable spray bottle](#).

VINEGARS AND COOKING/SALAD JUICES

Vinegars and citrus juices not only add flavor to your keto cooking, they are also a great meat tenderizer and are an important part of marinades. I always have white, red wine, and apple cider vinegar on hand.

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|---|--|
| <input type="checkbox"/> <u>White Vinegar</u> | <input type="checkbox"/> <u>Balsamic Vinegar</u> |
| <input type="checkbox"/> <u>Apple Cider Vinegar</u> | <input type="checkbox"/> <u>Lemon Juice</u> |
| <input type="checkbox"/> <u>Red Wine Vinegar</u> | <input type="checkbox"/> <u>Lime Juice</u> |

NUTS

Nuts are a great keto snack, add delicious crunch to salads and veggies, and can be tossed in a smoothie. You can enjoy nuts raw, roasted, seasoned, or plain. Nuts are rich in heart-healthy polyunsaturated fats and monounsaturated fats, and they're packed with protein, fiber, vitamins and minerals. Consider having a few of your favorite varieties of nuts on hand.

- | | |
|--|--|
| <input type="checkbox"/> <u>Almonds</u> | <input type="checkbox"/> <u>Brazil nuts</u> |
| <input type="checkbox"/> <u>Pecans</u> | <input type="checkbox"/> <u>Macadamia nuts</u> |
| <input type="checkbox"/> <u>Walnuts</u> | <input type="checkbox"/> <u>Cashews</u> |
| <input type="checkbox"/> <u>Peanuts</u> | <input type="checkbox"/> <u>Coconut, unsweetened</u> |
| <input type="checkbox"/> <u>Pistachios</u> | <input type="checkbox"/> _____ |

SEEDS

Seeds are low in net carbs, but high in healthy fats. They are packed with protein, vitamins, minerals, and antioxidants. Pumpkin seeds (or pepitas) and sunflower seeds can be eaten raw or roasted and salted, as a snack or as part of a meal. Sprinkle over a salad or full-fat yogurt, or roasted veggies for extra crunch. Chia seeds, hemp hearts, and flax seed are great tossed into a blender with your keto smoothie for a nutritional boost. And if you haven't tried a keto chia pudding, what are you waiting for?

- | | |
|---|---|
| <input type="checkbox"/> <u>Pumpkin seeds (pepitas)</u> | <input type="checkbox"/> <u>Chia seeds</u> |
| <input type="checkbox"/> <u>Sunflower seeds</u> | <input type="checkbox"/> <u>Hemp hearts</u> |
| <input type="checkbox"/> <u>Sesame seeds</u> | <input type="checkbox"/> <u>Flaxseed</u> |

NUT AND SEED BUTTERS

Nut and seed butters, with no added sugar, are perfect for a keto diet. They are filling, delicious, and packed with healthy fats. Gone are the days you could only find peanut butter. Now try macadamia nut butter, walnut butter, pecan butter, and even sunflower butter (which is one of the most inexpensive nut butters). I love buying nut and seed butters on Amazon because there is a much wider variety than I find in my local grocery store. The prices are much more reasonable too!

- | | |
|--|---|
| <input type="checkbox"/> <u>Almond butter</u> | <input type="checkbox"/> <u>Sunflower seed butter</u> |
| <input type="checkbox"/> <u>Coconut butter</u> | <input type="checkbox"/> <u>Nut-free 5 seed butter (chia, flax, pumpkin, sunflower, hemp)</u> |
| <input type="checkbox"/> <u>Peanut butter</u> | <input type="checkbox"/> <u>Pecan Pie Butter</u> |
| <input type="checkbox"/> <u>Macadamia nut butter</u> | <input type="checkbox"/> <u>Peanut Butter Cup Butter</u> |
| <input type="checkbox"/> <u>Walnut butter</u> | <input type="checkbox"/> <u>Keto-friendly Chocolate Hazelnut Spread</u> |
| <input type="checkbox"/> <u>Pecan butter</u> | |

You don't need lots of kitchen gadgets to create simple, delicious, perfectly keto meals from your pantry. Check out:
[6 Kitchen Gadgets Every Minimalist Keto Kitchen Needs](#)

PACKAGED, CANNED, AND JARRED VEGGIES

Keep canned low-starch veggies like green beans, mushrooms, and tomatoes on hand to spice up your keto meals. Olives are one of the most amazing keto healthy fats, and you can choose from a wide variety of olives on Amazon. I've included some "seasoning" type veggies in this list too, like capers, pepperoncini, jalapenos, roasted red peppers.... these add flavor and nutrients to main dishes, omelets, salads, dips, soups, and more.

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|---|---|
| <input type="checkbox"/> <u>Black olives</u> | <input type="checkbox"/> <u>Kimchi</u> |
| <input type="checkbox"/> <u>Green olives</u> | <input type="checkbox"/> <u>Green chiles, diced</u> |
| <input type="checkbox"/> <u>Kalamata olives</u> | <input type="checkbox"/> <u>Hatch green chiles</u> |
| <input type="checkbox"/> <u>Diced tomatoes</u> | <input type="checkbox"/> <u>Jalapenos, sliced</u> |
| <input type="checkbox"/> <u>Tomato paste</u> | <input type="checkbox"/> <u>Pepperoncini</u> |
| <input type="checkbox"/> <u>Crushed tomatoes</u> | <input type="checkbox"/> <u>Roasted red peppers</u> |
| <input type="checkbox"/> <u>Fire roasted tomatoes</u> | <input type="checkbox"/> <u>Capers</u> |
| <input type="checkbox"/> <u>Sun dried tomatoes</u> | <input type="checkbox"/> <u>Cheddar Asiago Cauliflower Mash</u> |
| <input type="checkbox"/> <u>Sauerkraut</u> | <input type="checkbox"/> _____ |

HERBS, SPICES, AND LOW-CARB SEASONING MIXES

Not only do fresh and dried herbs and spices make your food taste amazingly flavorful, they also have health benefits. I try to use an abundance of herbs and spices whenever it makes sense in a recipe. Many herbs and spices are shown to reduce inflammation, like basil, ginger, chili powder, turmeric, and paprika, among others. Some boost immunity, like ginger and parsley. Other herbs and spices help control blood sugar, like cinnamon, oregano, rosemary, thyme, and cilantro.

Store the herbs and spices in the container in which they come, or put them into cute matching jars or bottles. I have this set of [magnetic spice containers](#) with clear tops and sift and pour lids. And yep, I have the spice tins in alphabetical order in a drawer. I also use these [OXO Good Grips Salt and Pepper Grinders](#).

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|---|--|
| <input type="checkbox"/> <u>Sea Salt</u> | <input type="checkbox"/> <u>Rosemary</u> |
| <input type="checkbox"/> <u>Kosher Salt</u> | <input type="checkbox"/> <u>Thyme</u> |
| <input type="checkbox"/> <u>Pink Himalayan Salt</u> | <input type="checkbox"/> <u>Parsley</u> |
| <input type="checkbox"/> <u>Black peppercorns</u> | <input type="checkbox"/> <u>Curry powder</u> |
| <input type="checkbox"/> <u>Rainbow peppercorns (black, white, pink, green)</u> | <input type="checkbox"/> <u>Korean red pepper, Gochugaru</u> |
| <input type="checkbox"/> <u>Cinnamon</u> | <input type="checkbox"/> <u>Oregano</u> |
| <input type="checkbox"/> <u>Cumin</u> | <input type="checkbox"/> <u>Paprika</u> |
| <input type="checkbox"/> <u>Chili powder</u> | <input type="checkbox"/> <u>Dill weed</u> |
| <input type="checkbox"/> <u>Onion powder</u> | <input type="checkbox"/> <u>Basil</u> |
| <input type="checkbox"/> <u>Garlic powder</u> | <input type="checkbox"/> <u>Cayenne pepper</u> |
| <input type="checkbox"/> <u>Cilantro</u> | <input type="checkbox"/> <u>Red pepper flakes</u> |
| <input type="checkbox"/> <u>Ginger</u> | <input type="checkbox"/> <u>Nutritional Yeast</u> |
| <input type="checkbox"/> <u>Nutmeg</u> | <input type="checkbox"/> <u>Italian seasoning</u> |

SHELF-STABLE MEATS AND SEAFOOD

Consider keeping some shelf-stable seafood and chicken to quickly and deliciously add protein to salads, dips, or snacks. Plus, chicken and seafood in cans and pouches are perfect preparedness foods - great to have on hand if you lose power due to a storm.

One of my favorite quick lunches is a chicken salad using canned chicken mixed with avocado mayo and topped with pepperoncini rings. Pair it with keto crackers and it doesn't feel like you're eating low carb at all!

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|--|--|
| <input type="checkbox"/> <u>Tuna</u> | <input type="checkbox"/> <u>Smoked Trout</u> |
| <input type="checkbox"/> <u>Salmon</u> | <input type="checkbox"/> <u>Crab meat</u> |
| <input type="checkbox"/> <u>Sardines</u> | <input type="checkbox"/> <u>Chicken</u> |

KETO SOUP, STOCK, AND BONE BROTH

I love making homemade bone broth, but I keep cans or pouches of bone broth or stock on hand *just in case*. It is soooooo easy to whip up a quick keto soup using veggies like cauliflower, broccoli, onions, or mushrooms, with your favorite broth or stock and a little added fat like canned coconut milk. I use the soup formula laid out in Dr. Kellyann's Cleanse and Reset and I wrote about it in this post: [I Did Dr. Kellyann's Cleanse and Reset - My Review and Results](#)

You can also use ready-to-eat soups on your keto journey!

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|--|---|
| <input type="checkbox"/> <u>Chicken Bone Broth</u> | <input type="checkbox"/> <u>Vegetable Broth</u> |
| <input type="checkbox"/> <u>Beef Bone Broth</u> | <input type="checkbox"/> <u>Chicken Broth Concentrate</u> |
| <input type="checkbox"/> <u>Chicken Stock</u> | <input type="checkbox"/> <u>Beef Broth Concentrate</u> |
| <input type="checkbox"/> <u>Turkey Stock</u> | <input type="checkbox"/> <u>Veggie Broth Concentrate</u> |
| <input type="checkbox"/> <u>Beef Stock</u> | <input type="checkbox"/> <u>Keto Ready-to-Eat Soups, Variety Pack</u> |

KETO-FRIENDLY SWEETENERS

There are lots of keto-friendly sweeteners available on Amazon and usually the prices are much less than in local grocery stores. The type of sweetener (or sweeteners) you choose depends on what you use it for. I rarely bake keto treats or desserts, so I stick to Truvia. I love the taste and it agrees with my sensitive tummy. Many keto cooks swear by Swerve, which comes in three different formulations - mimicking granulated sugar, confectioner's sugar, and brown sugar.

- | | |
|--|---|
| <input type="checkbox"/> <u>Truvia (stevia and erythritol blend)</u> | <input type="checkbox"/> <u>Xylitol</u> |
| <input type="checkbox"/> <u>Erythritol Sweetener</u> | <input type="checkbox"/> <u>Swerve Granulated Sweetener</u> |
| <input type="checkbox"/> <u>Monkfruit Sweetener</u> | <input type="checkbox"/> <u>Swerve Brown Sugar</u> |
| <input type="checkbox"/> <u>Stevia Drops</u> | <input type="checkbox"/> <u>Swerve Confectioner's Sugar</u> |

If you rarely eat keto sweets, you can totally do keto without using artificial sweeteners. Check out this blog post: [Do I Have to Quit Sugar on Keto? Not Entirely, and Here's Why](#)

FLOURS AND LOW-CARB BAKING INGREDIENTS

There are so many great recipes for keto desserts now! If you love to bake, an economical way to stock up on low carb flours and supplies is to order them through Amazon. Like with many other keto products, you have a wider variety than most local grocery chains. You can also browse through reviews and ratings to choose the almond flour, cacao powder, or exotic vanilla extract that most appeals to you.



If you need help or inspiration for low carb baking, this book is considered the ultimate keto resource: [The Ultimate Guide to Keto Baking by Carolyn Ketchum](#)

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|--|---|
| <input type="checkbox"/> Almond flour | <input type="checkbox"/> Baking soda |
| <input type="checkbox"/> Coconut flour | <input type="checkbox"/> Unsweetened baking chocolate |
| <input type="checkbox"/> Sunflower seed flour | <input type="checkbox"/> Sugar-free chocolate chips |
| <input type="checkbox"/> Psyllium husk powder | <input type="checkbox"/> Cocoa powder |
| <input type="checkbox"/> Golden flax seed meal | <input type="checkbox"/> Cacao powder |
| <input type="checkbox"/> Sweet keto baking mix | <input type="checkbox"/> Cacao nibs |
| <input type="checkbox"/> Carbquik baking mix | <input type="checkbox"/> Gelatin powder |
| <input type="checkbox"/> Xanthan gum | <input type="checkbox"/> Vanilla extract |
| <input type="checkbox"/> Baking powder | <input type="checkbox"/> Pork rind crumbs |

KETO “NOODLES” AND “PASTA”

If you love the texture of noodles or pasta, but not the carbs, there are options you can order straight from Amazon. Shirataki noodles in different shapes and sizes are the most common, and you can even find shelf-stable cauliflower rice. If you’re tired of zoodles as a base for pasta recipes, check these out!

- | | |
|--|---|
| <input type="checkbox"/> Keto Fettuccine (shirataki noodles) | <input type="checkbox"/> Cauliflower Rice |
| <input type="checkbox"/> Kelp Noodles | <input type="checkbox"/> Shirataki Rice |

I hope this post gave you inspiration and ideas to keep your keto kitchen well-stocked from Amazon, while saving time and money!

—The Keto Minimalist