

# The Complete Keto Vegan Pantry List

A New Pantry List to support your new Keto / Vegan lifestyle is essential. Download yours below:

Our Pantry List excludes foods containing Lectins:

According to Healthline.com

“Lectins are a type of carbohydrate-binding protein that stick to cell membranes in the digestive tract.

They exist in most plant and animal foods. However, they’re found in the highest amounts in legumes, nightshade vegetables, dairy products, and grains, such as barley, quinoa, and rice.

Some types of lectins, such as ricin, are toxic, but others aren’t.

There is limited research on how lectins affect people. The lectin-free diet promotes reducing intake of or completely eliminating lectins from your diet. This may be beneficial for some people with food sensitivities. However, more research is still needed. ” [Healthline.com](https://www.healthline.com/nutrition/lectins)

Cooking destroys most lectins in food. It’s important to avoid raw, soaked, or undercooked beans, such as kidney beans, which have been found to be toxic to people due to their lectin levels. One [study](#) reported that soaking beans isn’t enough to remove lectin content.

## Nuts

Brazil nuts

Cashews

Hazelnuts/filberts

Macadamia nuts

Pecans

Walnuts

## Seeds

Chia  
Flaxseeds  
Hemp  
Pumpkin  
Sunflower

### **Nut & Seed Butters**

Almond butter  
Coconut butter/coconut manna ("meat" of the coconut)  
Hazelnut butter  
Macadamia nut butter  
Peanut butter  
Pecan butter  
Sunflower seed butter  
Tahini Walnut butter

### **Other Whole-Food Fat Sources**

Avocados  
Coconuts  
Olives  
Healthy Oils  
Almond oil  
Avocado oil  
Cacao butter  
Coconut oil  
Flaxseed oil  
Hazelnut oil  
Macadamia nut oil  
MCT oil  
Olive oil

### **Vegetables**

Artichoke hearts  
Arugula  
Asparagus  
Bell peppers  
Bok choy  
Broccoli  
Cabbage

Cauliflower  
Celery  
Chard  
Collards  
Cucumbers  
Daikon radish  
Dandelion greens  
Endive  
Fennel  
Fiddleheads  
Garlic  
Kohlrabi  
Leek  
Lettuce (all types)  
Mushrooms  
Mustard greens  
Okra  
Onion  
Potatoes  
Radishes  
Rhubarb  
Shallots  
Spinach  
Squash—summer  
Swiss chard  
Turnips  
Zucchini

### **Fruits**

Avocados  
Coconuts  
Cranberries  
Lemons  
Limes  
Olives  
Raspberries  
Strawberries

## **Sauces & Condiments**

Chili sauce

Hot sauce

Mustard

Soy sauce/tamari

Salsa

Tomato sauce (Organic, Sugar Free)

Vinegar (White, Malt)

## **Vegan Keto Fridge Staples**

Apple cider vinegar

Pickles

Micro-greens

Sauerkraut

Sprouts (all kinds)

Tempeh (p)

Tofu (p)

## **Vegan Keto Pantry Staples**

Almond flour

Artichoke hearts

Baking powder

Baking soda

Coconut flour

Coconut milk (canned, full fat)

Cocoa or Cacao powder

Chickpeas

Chickpea Flour

Dark chocolate (85% and up)

Glucomannan powder

Hearts of palm

Jackfruit (green, canned in brine)

Kidney Beans

Psyllium Husk

Tapioca Flour

Nutritional yeast

Vanilla extract (most brands OK, but check for sugar)

### **Other Vegan Keto Meal Staples**

Herbs and spices

Edamame

Kelp noodles

Kelp flakes

Shirataki noodles

Nori sheets

Roasted seaweed

## **Foods You Can Not Eat On A Vegan Keto Diet**

- Meat, fish, poultry, dairy, eggs, other animal products
- Gelatin
- Sugar (refined, cane, honey, corn syrup, and all other forms)
- Grains (wheat, pasta, [rice](#)) Legumes (beans)
- Partially-hydrogenated oils (trans fats)

## **High Carb Foods That Should Be Eaten**

### **Sparingly**

#### **Nuts**

Almonds

Cashews

Peanuts

Pinenuts

Walnuts

#### **Vegetables**

Beets

Brussels Sprouts

Carrots

Celeriac

Jicama

Kale

Rutabaga  
Squash- Winter

### **Fruits**

Blueberries

### **Sauces & Condiments**

Hummus

### **Keto Vegan Fridge Staples**

Dairy-Free Yogurt

Dairy-Free cheese

### **Other Keto Vegan Meal Staples**

Lupini Beans