

COMMON SUPPLIES REQUIRED

*I've put together a comprehensive list of groceries and spices needed for making almost 99% of the recipes in the cookbook, *Low-Carbing Among Friends*. Do not panic when you see the long list. Instead, choose the "flours" that you will want to bake with, choose your own sweetener combination, noting that many of us combine sweeteners for the synergy they provide. Out of each section, choose the items that you most regularly use anyway and add a few interesting ones, based on a few recipes you'd like to make. Each week, plan which recipes you'd like to try and note the ingredients on your shopping list, including meats and fresh produce that you will need. I keep a running list (using cute refrigerator magnets) on the side of my refrigerator, so that I never run out of anything. When I remember something I am running short of or need, I add it to the list.*

In the Pantry:

- Almond butter
- Almond flour, or ground almonds
- Almonds, sliced
- Bacon bits
- Bakers Chocolate
- Baking powder
- Baking soda
- Chocolate chips (sugar free)
- Clams, canned, minced
- Club soda
- Cocoa butter (Netrition.com)
- Cocoa powder
- Coconut flour (Bob's Red Mill®)
- Coconut milk, canned
- Coconut, unsweetened and desiccated
- Coffee, instant
- Cornstarch (small amount in Jennifer's Thickening Agent)
- Cream of tartar
- Cream, heavy, in carton that can sit on shelf in 1 cup (250 mL) size
- Cream, thick canned (Mexican section of grocery store)
- Dry yeast, active
- Erythritol, granulated and perhaps powdered erythritol (can powder your own)
- Flaxseed meal (golden is preferable)
- Fruit Pectin, No sugar needed
- Gelatin, unflavored
- Hazelnuts
- Honey, Imitation honey
- Honey, organic, natural
- Lindt 70% or 85% chocolate bar
- Maple sugar-free syrup
- Molasses
- Oat flour, Arrowhead Mills or certified gluten-free oat flour (Bob's Red Mill®)
- Palm Hearts, canned
- Peanut Butter, natural, unsweetened
- Peanut flour
- Pecans
- Raisins
- Sesame seeds
- SPLENDA® Granular, or equivalent
- SPLENDA® packets, or equivalent
- Splendid Gluten-Free Bake Mix in sealed container (Jen)
- Stevia Blend®, or equivalent like Truvia®
- Sucralose, LIQUID or equivalent, like Stevia glycerite or stevia extract
- Sugar (for yeast to consume in breads)
- Sunflower seeds
- Tuna, canned
- Walnuts

Whey protein powder, vanilla and/or unflavored
Whole raw almonds
Xanthan gum and/or guar gum
Xylitol (warning: this sugar alcohol is very poisonous to dogs)

Sauces and oils:

Alfredo sauce
Apple cider vinegar
Barbecue sauce
Hot sauce such as Franks®
Nonstick cooking spray
Olive oil - light and extra virgin
Soy sauce or Braggs® Liquid Aminos
Spaghetti Sauce (no sugar added)
Tamari sauce
Walnut oil
White vinegar
Worcestershire sauce

Extracts:

Almond
Butterscotch
Cherry
Lemon
Maple
Orange
Peppermint
Rum
Vanilla

Spices:

Allspice
Basil
Bay leaves
Cardamom
Cayenne pepper
Chili powder
Chinese Five Spice powder
Chipotle chili powder
Chives
Cinnamon
Cloves (whole and ground)
Crushed red pepper
Cumin
Curry powder
Dehydrated onion
Dill
Dry mustard powder
Garam masala
Garlic powder
Ground coriander
Ground ginger
Italian seasoning
Marjoram

No Salt
Nutmeg
Onion salt
Oregano
Paprika
Parsley
Pumpkin pie spice
Rosemary
Sage
Salt, Iodized
Salt, Lite (Mortons®)
Salt, sea salt
Seasoning salt
Taco seasoning (homemade)
Thyme
Turmeric
White pepper and black pepper

In the freezer:

Steak (rib eye)
Beef, Ground beef
Butter, regular and unsalted (yes, you can freeze it)
Chia seeds
Chicken breasts
Chicken stock or broth, homemade
Chicken wings
Fish, Corvina (Sea bass) or any other white fish
Lobster
Milk powder, whole or skim milk powder
Pork ribs
Pork tenderloin
Roasts
Salmon
Sausage meat, ground (gluten-free)
Sausages (gluten-free)
Scallops
Shrimp

In the refrigerator:

Almond milk
Bacon
Bacon
Butter
Cheese slices, American cheese slices
Cheese, Cream cheese
Cheese, Feta cheese
Cheese, Monterey Jack and Mozzarella cheese
Cheese, Parmesan cheese
Cheese, Swiss cheese
Chicken, roast or rotisserie
Chutney - (use low-sugar apricot jam, vinegar and Worcestershire sauce to taste)

Coconut milk
Coconut oil
Cream, sour cream
Dill pickles
Eggs
Garlic, crushed
Ginger root
Healthy butter
Heavy cream
Horseradish
Hot pepper sauce
Hot sauce
Jalapenos, canned jalapenos
Jam, low-sugar jam
Lemon juice and lime juice
Liquid smoke
Low-carb ketchup
Mayonnaise
Mustard (Dijon and regular)
Plain yogurt
Salad dressing, homemade salad dressing
Salsa
Soy sauce or equivalent

Fresh Vegetables – buy weekly according to the recipes planned

Canned Vegetables –

pumpkin,
green beans,
baby corn,
asparagus,
mushrooms,
diced tomatoes and
tomato paste

Frozen Vegetables –

peas,
cauliflower and
broccoli

Fruits – buy weekly according to recipes and desire

Canned fruits –

peaches,
fruit cocktail and
mandarin oranges

Frozen fruits –

strawberries,
blueberries,
raspberries and
cranberries