

FATAIM — Keto Kitchen Super Checklist

The ultimate 2-page printable to stock your pantry, fridge & freezer fast.

Pantry Essentials

- Olive oil / Avocado oil / Coconut oil
- Ghee or butter
- Canned tuna / salmon / chicken
- Canned tomatoes / artichokes / olives
- Low-carb sauces: mustard, mayo, hot sauce
- Soy sauce / tamari / coconut aminos
- Garlic powder / Onion powder / Paprika
- Chili powder / Cumin / Italian seasoning
- Almond flour / Coconut flour / Psyllium husk
- Nuts & seeds (almonds, chia, flax, sunflower)

Fridge Essentials

- Eggs (always keep 1–2 dozen)
- Rotisserie chicken / cooked proteins
- Butter, cream, sour cream, cream cheese
- Zucchini, broccoli, cauliflower
- Bell peppers, spinach, greens
- Pre-riced cauliflower
- Spiralized zucchini
- Fresh herbs: parsley, cilantro, basil
- Lemons and limes
- Pickles, olives, kimchi

Freezer Essentials

- Chicken thighs / breasts

- Ground beef / turkey
- Shrimp, salmon, white fish
- Sausages, bacon, meatballs
- Frozen broccoli / spinach / cauliflower
- Riced cauliflower
- Batch meals: soups, stews, casseroles
- Bone broth cubes
- Extra butter blocks
- Keto-friendly frozen desserts

Keto Meal Prep & 10-Minute Meal Builder

Weekly Meal Prep Checklist

- Cook 2–3 proteins for the week
- Chop 3–5 vegetables
- Make 1–2 sauces (ranch, garlic butter, buffalo)
- Portion meals into containers
- Freeze backup meals
- Restock spices and condiments

10-Minute Keto Meal Builder

Choose a Protein: Chicken · Beef · Eggs · Shrimp · Salmon

Add a Veggie: Broccoli · Spinach · Cauliflower · Zucchini

Add a Fat: Butter · Olive oil · Cheese · Cream · Avocado

Add Flavor: Garlic · Lemon · Chili · Herbs · Soy sauce

Smart Keto Ingredient Swaps

- Heavy cream → Coconut cream
- Olive oil → Avocado oil
- Sour cream → Greek yogurt
- Broccoli → Cauliflower
- Ground beef → Ground turkey
- Shrimp → White fish

5 Quick Keto Meals Under 10 Minutes

- Chicken & broccoli butter skillet
- Shrimp garlic bowl
- Zucchini & egg scramble
- Keto taco beef bowl
- Spinach & cheese omelette