

Kitchen checklist

Tick what you've already got. You don't need all of it, just what your recipes use.

START HERE

buy these first

Chopping board colours: Raw meat Raw fish Cooked meat Salad and fruit Veg Dairy

Cupboard

- ☐ **Olive oil** START HERE
Roasting, frying and salad dressing
- ☐ **Tinned chopped tomatoes**
Chilli, sauces, soups
- ☐ **Tomato purée**
Adds depth to mince dishes
- ☐ **Tinned tuna**
Five-minute lunches
- ☐ **Ground almonds** START HERE
Low-carb baking instead of flour
- ☐ **Cocoa powder**
Chocolate puddings with hardly any carbs
- ☐ **Sweetener, granulated and powdered** START HERE
Erythritol or a stevia blend instead of sugar
- ☐ **90% dark chocolate**
The chocolate that fits low carb
- ☐ **Peanut butter (100% nuts)**
Snacks and treats. Check nothing is added
- ☐ **Nuts (walnuts, pecans or mixed)**
Snacks, toppings and the car kit
- ☐ **Dill pickles (no added sugar)**
Burgers and snacks. Check the jar
- ☐ **Mayonnaise** START HERE
Dressings and sauces. Hardly any carbs
- ☐ **Beef stock cubes**
Gravy-style sauces
- ☐ **Vanilla extract**
Sweet stuff
- ☐ **Paper cake cases**
For the peanut butter cups
- ☐ **Baking powder**
Makes mug cakes rise

Spice rack and jars

- ☐ **Salt and black pepper** START HERE
In nearly everything. Salt helps in the first week too
- ☐ **Fresh garlic** START HERE
Cheap and makes everything taste better

- ☐ **Smoked paprika**
Traybakes and chilli
- ☐ **Chilli powder**
Chilli and spicy mince
- ☐ **Ground cumin**
Chilli and curry flavours
- ☐ **Cinnamon**
Yoghurt pots and baking
- ☐ **Mustard (English or American)**
Sauces and burger sauce
- ☐ **Worcestershire sauce**
Cottage pie and Caesar dressing
- ☐ **Tikka curry paste**
Fakeaway curry night. Pick a low-sugar jar

Fridge

- ☐ **Eggs** START HERE
The most useful low-carb food there is
- ☐ **Butter** START HERE
Cooking, sauces and baking
- ☐ **Mature cheddar** START HERE
Toppings, omelettes, bakes
- ☐ **Parmesan**
Sauces and salads. A little goes a long way
- ☐ **Double cream** START HERE
Sauces and puddings
- ☐ **Full-fat cream cheese**
Cheesecake and creamy bakes
- ☐ **Full-fat Greek yoghurt**
Breakfast and marinades
- ☐ **Soured cream**
On top of chilli
- ☐ **Cooked chicken breasts**
Ready to eat. Quick salads and lunches
- ☐ **Bacon**
Breakfasts, salads, cabbage
- ☐ **Smoked salmon**
Ready to eat. Breakfast with scrambled eggs
- ☐ **Lemons**
Fish, dressings, marinades

Fresh meat, fish and veg

- ☐ **Chicken (thighs or breasts)**
Thighs are cheaper and juicier
- ☐ **Beef mince**
Burgers, chilli, cottage pie
- ☐ **Steak**
Sirloin or rump
- ☐ **Pork chops**
Quick tea with cabbage
- ☐ **Sausages, 90%+ meat**
Check the meat % on the pack
- ☐ **Salmon fillets**
Fifteen-minute dinners
- ☐ **Ham**
Omelettes and snacks
- ☐ **Broccoli**
- ☐ **Cauliflower**
Mash, cheese, rice
- ☐ **Courgette**
- ☐ **Green beans**
- ☐ **Spinach**
- ☐ **Lettuce (little gem or romaine)**
- ☐ **Tomatoes**
- ☐ **Cucumber**
- ☐ **Mushrooms**
- ☐ **Savoy cabbage**
- ☐ **Onions**
- ☐ **Spring onions**
- ☐ **Carrots**
- ☐ **Berries**
Raspberries or strawberries

Freezer

- ☐ **Cauliflower rice**
Instead of rice. Straight from frozen in 5 minutes
- ☐ **Frozen berries**
Cheaper than fresh for yoghurt and puddings
- ☐ **Frozen spinach and green veg**
Never run out of veg