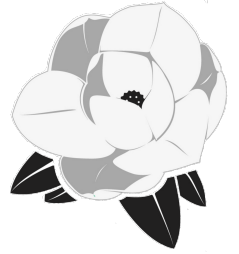


# \$75/Week Keto Meal Plan Pantry List — SouthernSavers.com



## Spice cabinet

- Basil
- Black pepper
- Cayenne pepper
- Cinnamon
- Fennel seeds (optional)
- Garlic powder
- Nutmeg
- Onion powder/dehydrated onion
- Oregano
- Paprika
- Parsley
- Rosemary
- Sage
- Salt
- Thyme

## Other Pantry Items

- Chicken broth
- Cocoa powder
- Extra virgin olive oil
- Sugar substitute (keto-friendly!)

## In the Fridge

- Beef base
- Dijon mustard
- Lemon juice
- Mayonnaise
- Minced garlic
- Worcestershire sauce