



Stocking the Kitchen

LCHF
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Quick Guide to Banting/LCHF

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EAT TO SATISFY HUNGER
COUNT THE CARBS

USE ONLY GOOD FATS & OILS
EXCLUDE SUGAR

EXERCISE & DRINK PLENTY OF WATER



AVOID

> 25g carbs per 100g

GO EASY

6 - 25g carbs per 100g

EAT

0 - 5g carbs per 100g

BUY FRESH & BUY SMART - READ THE LABELS!

- ✓ Animal protein (meat, poultry, eggs, fish)
- ✓ Saturated animal fats & coconut/olive oils
- ✓ Dairy & most cheese (high fat)
- ✓ Most nuts & seeds
- ✓ Fresh vegetables (grown above ground) & berries
- * Grains, sugars, starchy vegetables & seed oils
- * Processed, GMO & fast foods
- * All soya products (except soya sauce)
- * Preservatives & thickening agents
- * Reduced fat dairy products



Pantry Suggestions



Beverages - chocolate (Milo), coffee (beans & grains), tea (English, green, mint, peppermint, rooibos)

Biscuits - crackers, crisp bread (provita), Melba toast, rusks

Cooking Aids - agar agar, arrowroot, baking powder, bicarbonate of soda, Bisto, chocolate, cocoa powder, cream of tartar, desiccated coconut, gelatine sheets, glacé cherries, gravy browning, non-stick agent, instant yeast, jellies, lemon curd, long-life cream & milk, onion flakes (dried), psyllium husks, soup powders, stock powders/pastes (beef, chicken, lamb, vegetable), vanilla (beans, essence)

Dried Herbs - basil, marjoram, mint, mixed, oregano, parsley, rosemary, sage, thyme

Dried Pasta - cannelloni, fettuccine, lasagne, linguine, macaroni, penne, rigatoni, spaghetti, tagliatelle

Flour - almond, cake, coconut, cornflour, maize meal (mielie meal), pasta (Tipo '00'), self-raising, wheat bran, wholewheat brown, white bread wheat

Grains - breadcrumbs, breakfast cereals, corn wraps, couscous, oats, rice (Basmati, brown, white)

Oils - canola, coconut, extra virgin olive, light olive, palm, peanut, sunflower

Preserves & Tins - anchovies, artichokes, asparagus, baked beans, beetroot, coconut milk,

fish (pilchards, salmon, sardines, tuna), fruit (apples, black cherries, granadilla pulp, peach slices, strawberries), gammon ham, jams (apricot, fig, strawberry), mushrooms, olives (Calamata, stuffed, tapenade), peas, potatoes, sauerkraut, soups (cream of chicken), sweetcorn (cream style, whole kernel), tomatoes (chopped, whole, sun-dried)

Pulses - chickpeas, lentils (brown, green, red)

Sauces - barbeque, chutney, fish, HP, oyster, peri-peri, tabasco, tartar, tomato, soya, sweet chilli, wasabi, Worcester

Seasonings - braai & grill, green onion, rosemary & olive

Seeds - flaxseeds, pumpkin, sesame, sunflower

Spices - barbeque, bay leaves, cardamom (powder & seeds), cayenne, chillies (chopped & powder), cinnamon, cloves, coriander (powder & seeds), cumin, curry (leaves & powder), garam masala, mint, mixed spice, mustard (powder & seeds), nutmeg, paprika (plain & smoked), pepper (fine black, fine white, ground black), salt (fine, ground), star anise, turmeric

Spreads - Bovril, Cheese, Marmite, peanut butter

Sugars - agave nectar, castor, honey, icing, soft brown, stevia, sticky brown, syrup, white, xylitol

Vinegars - apple cider, balsamic, spirit (white, brown), wine (red, white)





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Fridge Suggestions



Cheese - **hard** (Asiago, Gruyère, Huguenot, Parmesan, Pecorino, Strong Cheddar)

semi-hard (Boeren, Cheddar, Edam, Emmental, Maasdam)

semi-soft (Fontina, Gouda, Taleggio)

soft (Brie, Camembert, cream cheese, Kwaïto, Mascarpone, Mozzarella)

goats milk (Bokmakiri, Chevin, Chèvre)

blue (Danish Blue, Gorgonzola, Roquefort)

Cold Meats - **cured ham** (country, pepper, prosciutto), **cured pork** (coppa, pancetta), **processed, salami** (Milano)

Dairy - **butter**, **buttermilk**, **cream**, **eggs**, **ghee**, **margarine**, **milk**, **yoghurt** (Bulgarian, Greek, natural)

Mustards - **Dijon**, **English**, **wholegrain**

Nuts - **almonds** (flakes, slices, whole), **brazil**, **cashew**, **hazel**, **macadamia**, **peanuts**, **pecan**, **pine**, **pistachio**, **walnuts**

Pastes - **curry**, **green curry**, **paprika**, **tomato**

Preserves - **capers**, **chopped chillies**, **chopped garlic**, **green peppercorns**, **horseradish**, **lemon juice**, **minced ginger**, **tomato relish**

Salad Dressings - **blue cheese creamy**, **herb creamy**, **French vinaigrette**, **Italian vinaigrette**, **Greek vinaigrette**, **mayonnaise** (natural, tangy)

Sauces - **apple**, **cranberry jelly**, **mint**

Spreads - **anchovy**, **cheese**, **chicken liver**



Freezer Suggestions



Breads - **ciabatta**, **French loaf**, **low-GI sliced** (brown, white, wholewheat), **seed** (flourless)

Dairy - **butter**

Fish - **haddock**, **hake** (cakes, fillets), **kippers**, **mussels**, **prawns**, **smoked salmon/trout**

Meat - **beef** (aitchbone, boerewors, fillet, mince, oxtail, rolled rib-eye, rump, sirloin, shin, T-bone, topside)

chicken (breasts, drumsticks, fillets, giblets, livers, thighs, whole baby, whole large, wings)

lamb (chops, knuckles, leg, shanks, steaks)

pork (back bacon, chops, fillet, Kassler chops/steak, roasting joint, sausages, spare ribs, streaky bacon)

venison (ostrich mince, ostrich steak, rabbit pieces, springbok carpaccio)

Pastry - **pizza base**, **ready-rolled** (phyllo, puff, shortcrust)

Vegetables - **carrot & turnip**, **cream spinach**, **green beans**, **peas**



Fruit, Vegetables & Herbs Suggestions



Dried Fruit - **cranberries**, **currents**, **prunes**, **raisins**, **sultanas**

Fresh Fruit - **apples**, **bananas**, **blackberries**, **blueberries**, **cherries**, **figs**, **gooseberries**, **grapes**, **guavas**, **kiwi fruits**, **lemons**, **litchis**, **mangos**, **melons**, **nectarines**, **oranges**, **pawpaw**, **peaches**, **pears**, **pineapple**, **plums**, **pomegranates**, **prickly pears**, **quinces**, **raspberries**, **strawberries**, **watermelon**

Fresh Herbs - **basil**, **chives**, **coriander**, **marjoram**, **mint**, **parsley**, **origanum**, **rocket**, **rosemary**, **sage**, **thyme**

Fresh Vegetables - **artichokes**, **asparagus**, **aubergines**, **beetroot**, **broccoli**, **brussels sprouts**, **butternut**, **cabbage**,

carrots, **cauliflower**, **courgettes**, **green beans**, **leeks**, **legumes** (beans, peas), **mushrooms** (button, large),

onions, **parsnips**, **potatoes** (baby, large, medium), **pumpkin**, **spinach**, **squash**, **sweet potatoes**, **corn**, **turnips**

Salads - **avocado pears**, **celery**, **cucumber**, **lettuce** (baby tatsoi, cos, crisp, endive, frilly, radicchio, red mustard

leaf, rocket, watercress), **peppers** (bell), **radishes**, **spring onions**, **tomatoes** (cherry, Italian plum, salad, vine)

