

Keto Friendly Foods



Alison's Pantry®

Alison's Pantry offers foods to fit nearly any diet or food preference. If you've changed to a high-protein or Ketogenic diet, the options below offer a great range of options for meals, allowing you to choose those that fit the strictness of your plan. Let us help you craft meals you love!



Bacon and other meat products may include sugar in their ingredient lists that amount to trace amounts of sugar per serving. For this reason, we've still included them in this list as they will still fit with dirty / lazy keto diet plans.

- | | |
|---|--|
| 2806 AquaStar Black Tiger Shrimp Peeled & Tail On | 1736 Hormel Fire Braised Fully Cooked Chicken Thigh Meat |
| 2100 Bridgerland Deli Craft Oven Sliced Roasted Turkey Breast | 1737 Hormel Fire Braised FC St. Louis Style Seasoned Pork Ribs |
| 2101 Bridgerland Deli Craft Sliced Hardwood Smoked Honey Ham | 1740 Hormel Natural Choice Cherrywood Smoked Sliced Ham |
| 1997 Butterball All Natural FC Turkey Breakfast Sausage Patties | 1741 Hormel Sliced Canadian Bacon |
| 2104 Carne Azteca FC Lightly Seasoned Beef Taco Filling | 8026 Icelandic Skinless/Boned Cod Fillets |
| 3568 Carolina Turkey Ground Turkey | 1241 Kirkland Bacon Crumbles |
| 1920 Daily's Black Pepper Smoked Pork Rope Sausage | 1317 Kirkland Boneless, Skinless Chicken Thighs |
| 8464 Daily's Deep Applewood Smoked Thick Sliced Bacon RAW | 2621 Main St. Meats Beef Patty 3-Way Blend |
| 4062 Daily's Fully Cooked Pork Sausage Links | 2604 Main St. Meats Beef Strips for Fajitas |
| 4063 Daily's Fully Cooked Pork Sausage Patties | 1755 Main St. Meats Carne Asada Steak |
| 5464 Daily's Fully Cooked Pork Sausage Skinless Links | 1554 Main St. Meats Certified Hereford Choice Flat Iron Steaks |
| 3298 Daily's Hardwood Smoked & Honey Cured Center Cut Bacon | 2620 Main St. Meats Chicken Breast Chunks |
| 8463 Daily's Smoked Honey Cured Thick Sliced Bacon RAW | 2609 Main St. Meats Chicken Breast Strips for Fajitas |
| 8465 Daily's Smoked Peppered Thick Sliced Bacon RAW | 2607 Main St. Meats USDA Choice Beef Stew Meat |
| 9137 Daily's Precooked Deep Applewood Smoked Bacon | 8669 Pacific Seafood Atlantic Salmon Portions |
| 4835 Daily's Regular Slab Precooked Bacon | 8027 Pacific Seafood Frozen Tilapia Fillets |
| 2102 Double L Ranch Smoked Sliced Pit Beef | 8028 Pacific Seafood Halibut Premium Portions, Skin On |
| 2103 Double L Ranch Sliced Oven Roasted Beef French Dip Kit | 1812 Pacific Seafood Newport Cooked & Peeled White Shrimp |
| 1677 Double L Ranch Meats Smoke Craft Pulled Pork | 1545 Pacific Seafood Newport Peeled & Deveined Raw Shrimp |
| 1801 Expresco Mediterranean Grilled Chicken Breast Skewers | 1798 Pacific Seafood Yellowfin Ahi Tuna Fillets |
| 6305 Farmland Bone-In Pork Loin Center Cut Chops | 6519 Pierce's Boneless Skinless Chicken Breast |
| 1634 Farmland Gold Medal All Meat Hot Dogs | 7787 Pierce's Seasoned 1/2 in. Diced Chicken |
| 5659 Farmland Naturally Hickory Smoked Bone-In Ham Steak | 3297 Pioneer Brand Bulk Big Buy Bacon |
| 1995 Farmland Original Pork Sausage Rolls | 2899 Pioneer Brand Bulk Ends & Pieces Bacon |
| 7960 Farmland Smoke'n Fast CarveMaster Boneless Ham | 1777 Smithfield Pork Riblets |
| 9210 Foster Farms Dinner Solutions Chicken Breast Grilled Strip | 5513 Sun-Land Boneless Skinless Chicken Breasts |
| 9197 Golden Legacy Oven Roasted Skin-On Turkey Breast | 6829 Sun-Land Chicken Breast Tender Pieces |
| 6986 Great Amer. Steak Co Bacon Wrapped Filet of Beef | 2027 Sun-Land Whole Young Fryer Chicken |
| 8994 Harvest Provisions Cooked Turkey Pot Roast | 2808 Trident Alaskan Salmon Burgers |
| 2765 Hebrew National Beef Franks | 1953 Vanee Deluxe Pulled Chicken With Broth |
| 1075 Holten Restaurant Quality Beef Patties | 1954 Vanee Deluxe Pulled Pork |
| 1750 Hormel Bread Ready Premium Sliced Roast Beef | 2090 Willamette Valley Meat Co. Beef Ribeye Steak Boneless |
| 1739 Hormel Bread Ready Roasted Sliced Turkey | 2075, 2074 Willamette Valley Meat Co. Pepper-Bacon Wrapped Pork Fillet |



- 8737 [Flav-R-Pac American Harvest Capri Blend](#)
- 2069 [Flav-R-Pac American Harvest Fajita Blend](#)
- 3221 [Flav-R-Pac American Harvest Garden Blend](#)
- 3127 [Flav-R-Pac Asparagus Spears](#)
- 6388 [Flav-R-Pac Beautiful Vegetables Winter Mix](#)
- 3216 [Flav-R-Pac Chef Starters Omelette Blend](#)
- 5772 [Flav-R-Pac Chopped Onions](#)
- 5309 [Flav-R-Pac Deluxe Stir Fry Vegetable Blend](#)
- 5520 [Flav-R-Pac Grande Classic Sunshine Carrots](#)
- 1266 [Flav-R-Pac Grande Classics Normandy Blend](#)
- 8640 [Flav-R-Pac Grande Classics Pacific Blend](#)
- 3781 [Flav-R-Pac Grande Classics Whole Green Beans](#)
- 8197 [Flav-R-Pac IQF Mini Broccoli Florets](#)
- 6208 [Flav-R-Pac Petite Green Peas](#)
- 2743 [Flav-R-Pac Riced Cauliflower](#)
- 6381 [Flav-R-Pac Vegetable Collection Brussels Sprouts](#)
- 6383 [Flav-R-Pac Vegetable Collection Cauliflower Florets](#)
- 6385 [Flav-R-Pac Vegetable Collection Peas & Pearl Onions](#)
- 7860 [Flav-R-Pac Vegetable Collection Yellow Squash](#)
- 1289 [Kirkland Minced California Garlic](#)
- 1645 [Simplot IQF Avocado Dices](#)



- 1684 [AP Adventurer Raw Trail Mix](#)
- 9117 [AP Cashews Roasted/Salted](#)
- 9121 [AP Deluxe Mixed Nuts](#)
- 1117 [AP Honeyville Golden Flaxseed](#)
- 1682 [AP Trailblazer Roasted Nut Trail Mix](#)
- 8941 [BBF Organic Chia Seeds](#)
- 1292 [Kirkland Fancy Pecan Halves](#)
- 1293 [Kirkland Walnut Halves & Pieces](#)
- 1294 [Kirkland Whole Almonds](#)



- 3516 [BBF Naturally Refined Avocado Oil](#)
- 8287 [BBF Naturally Refined Organic Coconut Oil](#)
- 1723 [Kirkland Salted Sweet Cream Butter](#)
- 1456 [Silk Original Almond Milk](#)
- 1457 [Silk Unsweetened Vanilla Almond Milk](#)
- 1576 [Vegalene Buttery Delite](#)
- 1577 [Vegalene Garlic Mist](#)
- 1575 [Vegalene Grid Iron](#)
- 1212 [Vegalene Premium 3-Oil Blend](#)



- 2832 [Dole Chef-Ready Cuts Diced Strawberries](#)
- 2831 [Glacier Foods Raspberry Crumbles 10lb Case](#)
- 2830 [Glacier Foods Raspberry Crumbles 2.5 lb bag](#)
- 1217 [Wyman's Dark Sweet W/Red Tart Cherries](#)
- 1221 [Wyman's Fresh Frozen Blackberries](#)
- 1223 [Wyman's Fresh Frozen Mixed Berries](#)
- 1219 [Wyman's Fresh Frozen Red Raspberries](#)
- 1218 [Wyman's Fresh Frozen Wild Blueberries](#)
- 1214 [Wyman's Strawberries](#)
- 1215 [Wyman's Triple Berry W/Wild Blueberries](#)



- 2031 [Bonici Sliced Pepperoni](#)
- 1747 [Cello Whisps Asiago & Pepper Jack Cheese Crisps](#)
- 1746 [Cello Whisps Parmesan Cheese Crisps](#)
- 1719 [Folios Parmesan Cheese Wraps](#)
- 4972 [Frigo CheeseHeads String Cheese](#)
- 1860 [Kirkland Shredded Cheddar Jack Cheese](#)
- 1688 [Margherita Hard Salami Sandwich Solutions](#)
- 1866 [Tillamook Medium Cheddar Shredded Cheese](#)



- 3514 [BBF LIVfit Superfood Blend](#)
- 1539 [BBF LivFit Superfood Antioxidant Fruit & Fiber Powder](#)
- 1745 [BBF Monk Fruit Zero Calorie Sweetener](#)
- 6919 [Blue Cattle Mexican Vanilla](#)
- 6702 [Blue Cattle Mexican Vanilla](#)
- 2134 [Cholula Original Hot Sauce](#)
- 1732 [Lily's Dark Chocolate Baking Chips](#)
- 1081 [McCormick Almond Extract](#)
- 2054 [Monin Sugar Free French Vanilla Syrup](#)
- 2053 [Monin Sugar Free Hazelnut Syrup](#)
- 1689 [True Lemon Crystallized Lemon Packets](#)