

# free printable - 75+ foods!

# LOW CARB BAKING LIST

## FLOURS

Almond flour  
Cacao powder  
Chia seed flour  
Coconut flour  
Guar gum  
Hazelnut flour  
Macadamia nut flour  
Peanut flour  
Flaxseed meal  
Gelatin  
Whey protein (unflavored)  
Psyllium husk  
Pure extracts  
Sunflower seed meal  
Xanthan gum

## SWEETENERS

Chicory root  
Erythritol  
Monkfruit  
Stevia  
Xylitol  
Unsweetened chocolate

## SEEDS

Chia seeds  
Flax seeds  
Hemp seeds  
Poppy seeds  
Pumpkin seeds  
Sesame seeds  
Sunflower seeds

## DAIRY + EGGS

Cheeses – all types  
Cream cheese  
Eggs  
Half & half  
Heavy cream  
Mascarpone cheese  
Sour cream  
Cottage cheese  
Greek yogurt  
Ricotta cheese

## FATS

Avocado oil  
Butter  
Cocoa butter  
Coconut oil  
Cotton seed oil  
Ghee  
Hemp oil  
Lard  
Olive oil  
Other nut & seed oils

## FRUITS

Avocados  
Olives  
Cantaloupe  
Coconuts, flesh  
Cherries  
Blackberries  
Raspberries  
Kiwi  
Lemons  
Strawberries  
Cranberries  
Tomatoes  
Limes  
Currants  
Peach  
Plums  
Watermelon  
Blueberries

## NUTS

Almonds  
Brazil nuts  
Coconut flakes  
Hazelnuts  
Macadamia nuts  
Peanuts  
Pecans  
Pine nuts  
Pistachios  
Walnuts



*Seriously*  
**LOW  
CARB**