

# Pantry, Food and Other Products

We know that busy families can find challenges in getting all the items needed to prepare your meal at home during busy weeks. So we love finding great quality ingredients that are delivered to your home cutting out lots of time spent going to stores and waiting in checkout lines.

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## *Proteins and Meats:*

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### Grass Fed Beef, Poultry and Pork:

[Butcherbox](#) makes top quality grass fed meats delivered each month to your door at prices that are less than many grocery stores! This monthly deliver keeps you stock with top quality proteins.

[CLICK HERE](#) to get started.



### Fresh Fish and Seafood:

[Sizzlefish](#) is another service shipping fresh fish and seafood to your door! Top quality sources of omega-3s.

[CLICK HERE](#) to get started.



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## *Pre-Packed Foods and Meals:*

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### Full Keto Meals Delivered!

Even better when you get in a time crunch, complete frozen meals that are keto! [Ketoned Bodies](#) are even making some of my recipes! Delivered frozen to your door. Just heat and eat!

[CLICK HERE](#) to try.



## Keto Pizza!

That's right, you can get keto frozen pizzas from [Real Good Foods!](#) These are great for when you are in a pinch and need something quick that has a good amount of protein and very little carbs. They even make breakfast pizzas!

[CLICK HERE](#) to stock up!



## Adapt Cereal

[Adapt](#) makes cereals that can be helpful when in a pinch and don't have access to any good options.

[CLICK HERE](#) to order.

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## Spices:

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## Keto Spices!

[Maria's Keto Kitchen](#) is our line of Keto Spices that combine some of our most popular recipes. Our taco seasoning for taco night and our Ranch seasoning for making your own ranch! Never any preservative, additives, gluten or sugars.

[CLICK HERE](#) to stock up!



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## Pantry Items:

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## Bone Broth

[Kettle and Fire](#) make amazing bone broths. This is real bone broth made with grass fed ingredients. Top quality real bone broth in a box!

[CLICK HERE](#) to stock up.



## Protein Powder

I love Jay Robb protein powder not only because it has the best quality ingredients but it has no sugar added. I use it in all my recipes.

[CLICK HERE](#) to stock up on egg white protein.

[CLICK HERE](#) to stock up on whey protein.



## Mayo and Dressings

[Mayo and salad dressings](#) almost always have vegetable or soybean oils that you want to avoid. [Primal Kitchen](#) has a line of awesome ones that taste great!

[CLICK HERE](#) to stock up.



## Nut Flours

[Nut flours](#) are a great replacement for traditional flours. I like almond and sunflower seed flours from nuts.com.

[CLICK HERE](#) to stock up.



## Coconut oil and Flour

Coconut flour is another great baking alternative that I use in recipes. And [coconut oil](#) is a wonderful general purpose oil for cooking, frying and more. Healthy Traditions makes some of the best quality of both.

[CLICK HERE](#) to get coconut flour.

[CLICK HERE](#) to get coconut oil.



## Gelatin

Gelatin is great for many uses. Making gummies and other recipes. But also for joint health and even helping with hair loss.

For gelatin that Gels up [CLICK HERE](#).

For gelatin that doesn't gel up [CLICK HERE](#).

## Tomato Puree

I LOVE this [tomato puree](#). First of all it is top quality and even tested to be glycosphate free (no roundup, a problem with most tomatoes). Second, it is super flexible and makes a great base for sauces, Italian, Mexican, ketchup and more.

[CLICK HERE](#) to stock up!



## Beef Protein Powder

This is a great dairy free alternative to egg white protein powder.

[CLICK HERE](#) to buy. (use coupon code: MARIA for 5% off!)

## Olive Oil

A quality olive oil can make all the difference in flavor of a dish. These oils are the top quality.

[CLICK HERE](#) to buy.



## Nuts and Nut Butters

Legendary Foods makes some awesome nuts and nut butters. The Pecan Pie Almond Nut Butter is amazing!

[CLICK HERE](#) to buy.



## Maple Syrup

This Allulose based syrup tastes great!

[CLICK HERE](#) to try it out!

## Honey

Need a sugar free replacement for honey? Check out this Allulose based one that tastes great!

[CLICK HERE](#) to get it.

## Simple Girl Dressings

Simple Girl make some great dressings that use great ingredients and are sweetened with stevia.

[CLICK HERE](#) to buy.

## Brown Butter

I love brown butter! Adds such amazing flavor to everything you make with it. But it can take time to make and not over cook. Black and Bolyard now have brown butter you can buy!

[CLICK HERE](#) to buy. Use coupon Code: Maria10 for 10% off!!



## Collagen Peptides

Collagen (major source of glycine) can be beneficial for everyone. It can help keep skin flexible and reducing skin aging, it can promote joint health and much more. It is even one of the best pre-biotics for feeding your gut flora!

[CLICK HERE](#) to buy. Use coupon code: MARIAMINDBODY for 5% off!



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## Sweeteners

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### Sweeteners

[Lakanto](#) makes a great line of sweeteners, maple syrup and even chocolate bars using monk fruit (a great natural sweetener).

[CLICK HERE](#) to stock up.



## Swerve

[Swerve](#) is another favorite sweetener of our. It is really versatile and I use the Confectioners in almost everything I make.

[CLICK HERE](#) to stock up.



## Stevia Glycerite

Stevia glycerite is the non-bitter stevia I like to use in my recipes.

[CLICK HERE](#) for the one I use.

## Allulose

Allulose is an all new sweetener that taste exactly like sugar, bakes and carmelizes like sugar and doesn't make ice cream get hard in the freezer.

[CLICK HERE](#) to get some!

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### *Snacks and Other Items:*

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## Keto Cookies!

Yes, you can even get [Keto Cookies](#)! Many great flavors all without any grains or sugars.

[CLICK HERE](#) to get some!



## Drink Mixes

[Everly](#) makes a wonderful line of drink mixes for enhancing your water without any sugar. Lots of great flavors including Pomegranate Berry, Fruit Punch, Mango, Lemonade and more. Use coupon code: maria10 for 10% off your first order!

[CLICK HERE](#) to stock up.



## Pili Nuts

[Pili Nuts](#) are a great snack option. They are the lowest carb nut and have a great buttery flavor. Also available in different flavors. Use Coupon code: maria10 for 10% off!

[CLICK HERE](#) to get some.



## Chocolate bars!

Yes, you can even have [sugar free chocolate](#)! Chocoperfection has only the best ingredients and with no sugar.

[CLICK HERE](#) to get some.



## Adapt Bars

[Adapt](#) makes great bars that can be helpful when in a pinch and don't have access to any good options.

[CLICK HERE](#) to get some.

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## *Beauty Products:*

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## Beautycounter

What we put on our skin can be just as important as what we put in our mouths. [Beautycounter](#) has a great line of cosmetics, shampoos, sunscreens and more that are chemical free.

[CLICK HERE](#) to stock up!



## Crunchy Balm

[Crunchy Balm](#) makes some wonderful tallow based soaps and balms. These are amazing for the skin and skin health.

[CLICK HERE](#) to try them.



## Essential Oils

[doTERRA](#) makes some amazing essential oils. Essential oils are great for a wide range of uses. Just in a diffuser to freshen the air in your home. Or for therapeutic uses of pain, acne, etc. You can even use them on [Dryer Balls](#) to freshen laundry without any chemicals!

[CLICK HERE](#) to check them out.



## Magnetic Eyelashes!

Instead of using makeup with chemicals in it try these awesome eyelash extensions that use magnets! No chemicals and they work great!

[CLICK HERE](#) to buy.

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### *Special Equipment:*

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## Stand Mixer

Great for making keto bread and much more. I use mine everyday.

[CLICK HERE](#) for the one I like.

## Smart Oven

I never had a smart oven and didn't think I would use it that much, until I bought one! I use it all the time! It is great for heating leftovers, making pizzas, bacon, wings, etc. And you don't heat up the whole house in summer (like turning the oven on). They have tons of great features and the one I have even has an air bake option!

[CLICK HERE](#) for the one I have.

## Ice Cream Maker

There is nothing like making your own homemade keto ice cream! So creamy and rich! I use mine all the time.

[CLICK HERE](#) for a great cheap option.

## Instant Pot

Instant Pots are great multi use tools. They can really speed up recipes with their pressure cooking modes. You can make a recipes 2 to 6 times faster!

[CLICK HERE](#) for the one I have.

## Slow Cooker

Slow cookers are great tools for busy families. You can prep a meal the night before in the slow cooker shell and put in the fridge. Then in the morning just plop the shell into the slow cooker and turn on. When you get home you have a hot meal ready for dinner!

[CLICK HERE](#) for the one I love.

## Blender

A quality blender can make all the difference in shakes or dressings. Especially for my pudding with hard boiled eggs!

[CLICK HERE](#) for the Blendtec blender I use.

[CLICK HERE](#) for the Vitamix

## Food Processor

A good food processor is not only inexpensive but can come in very handy.

[CLICK HERE](#) for the one I like.

[CLICK HERE](#) for the one I use for small jobs.

## Immersion Blender

An immersion blender is super handy for making mayo and dressings.

[CLICK HERE](#) to get the one I love.

## Smoker

A smoker is such a terrific addition to any home for making ribs, salmon, chicken or anything you want to add the wonderful smoky flavor to.

[CLICK HERE](#) for the one we use.

## Veggie Spiralizer (make zoodles)

Spiral cutting zucchini is a great way to mimic noodles in a pasta dish.

[CLICK HERE](#) for the one I love.

## Ketone Tester

Testing your blood ketones is usually an expensive affair. Costing \$4 a strip or more. Now there is a new option that is only \$1 a strip!

[CLICK HERE](#) to get it.

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## *Specialty Items*

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## Grounding Mat

Grounding to the earth has been shown to have many health benefits. The earth has a negative charge and connecting to it can be helpful for overall health. But today in our homes, offices, cars and wearing rubber soled shoes we are never connected to the earth. These pads are great as they connect through your home or office wiring to ground to the earth. Great for under a desk at your computer!



Length 27inch (68cm)  
Width 10inch (25cm)

[CLICK HERE](#) to buy.

## Chili Pad Mattress cooler

We LOVE this mattress pad! We have long talked about how a cooler bedroom can be very helpful for getting better and deeper sleep. This pad can help you stay cool and save of air conditioning costs as you don't have to make your room as cold. You can set your desired temperature and it cools you right under your covers.



[CLICK HERE](#) to buy.

## Blue Blocking Glasses

Blocking blue light in the evenings is very important for helping you sleep. Blue light stimulate the SCN of the brain telling it to not release melatonin, our bodies hormone that makes you drowsy. Today with TV's, computers, ipads and iphones we have lots of blue light in the evenings that can disrupt sleep. Wearing blue light blocking glasses in the evening helps the body naturally produce melatonin and helps you sleep.

[CLICK HERE](#) to buy.

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## Books

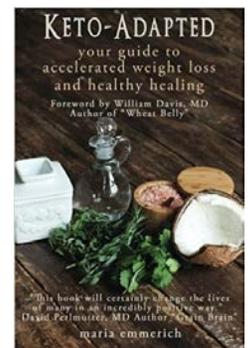
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### Keto-Adapted

This book gives you all the info on what a ketogenic diet is and why it is good for you.

[CLICK HERE](#) to buy.

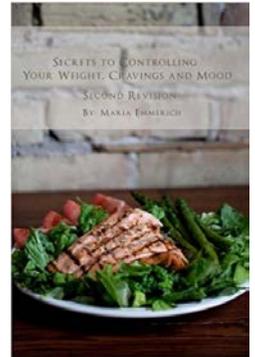
[CLICK HERE](#) for the Audio book.



## Secrets to Controlling your Weight, Cravings and Mood: Understand the biochemistry of neurotransmitters and how they determine our weight and mood

The solution to losing weight doesn't lie in deprivation diets; it lies in balancing our neurotransmitters. 1. Serotonin influences appetite. 2. GABA curbs emotional eating 3. Acetylcholine regulates fat storage 4. Dopamine controls metabolism When these brain chemicals are balanced, our bodies are more able to lose those extra pounds.

[CLICK HERE](#) to buy.



## The Art of Healthy Eating: Savory, Sweets and Kids

3 BOOKS IN ONE! I have combined my three best cookbooks (Savory, Sweets and Kids) into one amazing cookbook.

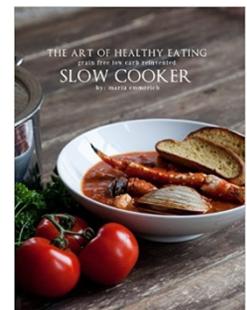
[CLICK HERE](#) to buy.



## The Art of Healthy Eating: Slow Cooker

This is my first hardcover book and it also has 198 easy recipes! Slow cookers meal are a great way to make things easy during busy weeks.

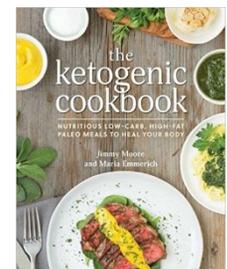
[CLICK HERE](#) to buy.



## The Ketogenic Cookbook

Over 150 tasty keto recipes for following a ketogenic lifestyle.

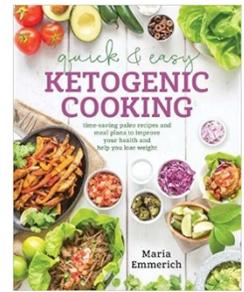
[CLICK HERE](#) to buy.



## Quick and Easy Ketogenic Cooking.

Over 170 recipes that are great for busy families. You also get lots of information about this lifestyle and how to stock your pantry.

[CLICK HERE](#) to buy.



## The 30 Day Ketogenic Cleanse

The 30-Day Ketogenic Cleanse is a guidebook for healing the body from the inside out. Most people attempting a keto diet do it completely wrong. Maria, on the other hand, bases this cleanse on a true, well-formulated ketogenic diet, helping readers reset their metabolism, regain health, lose weight, and tap into increased energy levels.

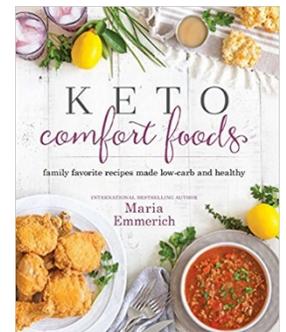
[CLICK HERE](#) to buy.



## Keto Comfort Foods

In this book, Maria reassures everyone on the keto diet that it isn't difficult at all to recreate those favorite foods and meals in healthy ways—you just need to use a little creativity. Maria has compiled 170 of her most soul-warming, happiness-invoking recipes.

[CLICK HERE](#) to buy.

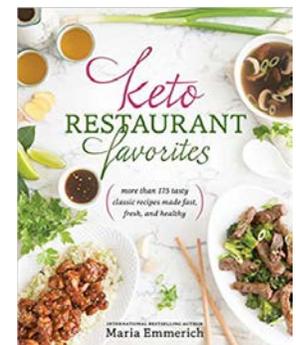


**NEW!**

## Keto Restaurant Favorites

Keto Restaurant Favorites answers the demand for a one-stop cookbook that allows you to easily replicate your favorite restaurant cuisine in your own kitchen. Maria's recipes masterfully mimic the dishes you love using healthy, readily accessible ingredients.

[CLICK HERE](#) to buy.

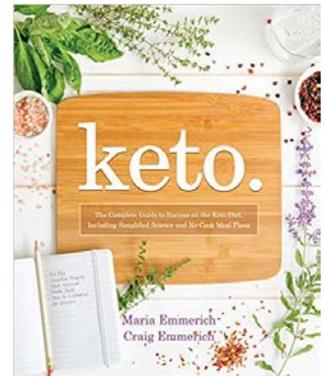


**COMING SOON!**

## Keto. The Complete Guide to Success on The Ketogenic Diet, including Simplified Science and No-cook Meal Plans

Craig and Maria Emmerich have partnered to write a book that digs deep into the science of ketogenic dieting, explains how dozens of diseases can be cured or controlled through ketogenic dieting, and how ketogenic diets are fueling a new breed of athlete all while making it really easy to understand! And there are even no bake meal plans!

[CLICK HERE](#) to pre-order.



**COMING SOON!**

## Easy Dairy-Free Keto

With over 175 recipes, multiple meal plans catering to many different dietary needs and allergies and including AIP and vegetarian meal plans, Easy Dairy-Free Keto strives to be the book that reaches the entire keto audience and becomes a staple in your keto kitchen.

[CLICK HERE](#) to per-order.

