

Ketogenic Diet Foods



Protein

Organic Grass-Fed Beef/Steak
Organic Dark Meat Chicken
Organic Dark Meat Turkey
Organic Pork & Pork Rinds
Uncured Bacon & Sausage
Uncured Ham/Lunchmeat
Trout, Tuna & Sardines
Shrimp, Crab, Lobster
Bison, Lamb & Rabbit
Cod, Halibut, Salmon
Mussels & Oysters
Uncured Hot Dogs
Organic Eggs
Organ Meats

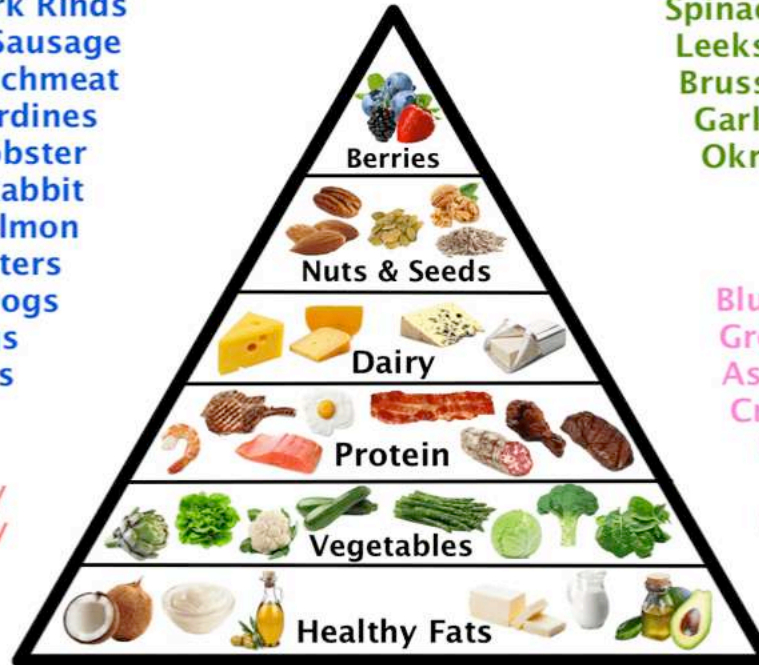
Fruit

Strawberry, Blueberry
Raspberry, Blackberry
Lemon, Lime, Olives
Avocado & Coconut

Nuts & Seeds

Sunflower Seeds
Walnuts, Flaxseed
Almonds, Pine Nuts
Brazil Nuts, Hazelnuts
Macadamia Nuts, Pecans,
Chia Seeds, Pumpkin Seeds

High Fat
Low Carb
Moderate Protein



Other Keto Staples

Stevia, Erythritol
Chicken or Bone Broth
Coconut Flour, Almond Flour
Unsweetened Cocoa Powder

Vegetables

Artichokes, Asparagus, Broccoli
Cauliflower, Celery, Cucumber
Pumpkin, Radishes, Sauerkraut
Spinach, Tomatoes, Zucchini
Leeks, Lettuce, Mushrooms
Brussels Sprouts, Cabbage
Garlic, Green Beans, Kale
Okra, Onions & Peppers

Dairy

Blue Cheese, Parmesan, Brie
Greek Yogurt, Creme Fraiche
Asiago, Cheddar, Feta, Swiss
Cream Cheese, Mascarpone
Cottage Cheese, Ricotta
Heavy Whipping Cream
Monterey Jack, Romano
Mozzarella & Colby

Fats

Mayonnaise
Grass-Fed Butter
Duck Fat, Ghee, Lard
Extra Virgin Olive Oil
Avocado, Beef Tallow
Coconut Oil & MCT Oil
Cocoa Butter, Coconut Butter