

# Keto Foods List



## PROTEIN

Beef - Steak/Ground/Roast/Ribs  
Chicken - Dark/White Meat  
Turkey - Dark/White Meat  
Pork - Chops/Ground/Loin/Ribs  
Bacon/Sausage/Ham/Prosciutto  
Fish: Trout/Tuna/Salmon/Cod  
Tilapia/Grouper/Halibut/Sardines  
MahiMahi/Sea Bass/Mackerel  
Shellfish: Shrimp/Clams/Lobster  
Oysters/Clams/Mussels/Crab  
Bison/Venison/Lamb/Rabbit  
Eggs - Organ Meats



## FATS

Butter  
Heavy Cream  
Avocado/Avocado Oil  
Mayonnaise  
Coconut Oil/Coconut Butter  
MCT Oil  
Olives/Olive Oil  
Cocoa Butter  
Chicken/Duck Fat  
Ghee  
Beef Tallow  
Lard



## VEGGIES

Artichokes - Asparagus - Broccoli  
Bok Choy - Brussels Sprouts  
Cauliflower - Cabbage - Celery  
Chayote Squash - Collard Greens  
Cucumber - Eggplant  
Garlic - Green Beans  
Kale - Leeks - Lettuce  
Mushrooms - Okra - Onions  
Peppers - Pumpkin - Radishes  
Sauerkraut - Shallots  
Spaghetti Squash - Spinach  
Yellow Squash - Zucchini



## FRUIT

Strawberry  
Raspberry  
Blackberry  
Blueberry  
Cranberry  
Mulberry  
Lemon  
Lime  
Tomato  
Avocado  
Olives  
Coconut



## NUTS/SEEDS

Almonds  
Walnuts  
Pecans  
Hazelnuts  
Brazil Nuts  
Pine Nuts  
Macadamia Nuts  
Peanuts  
Sunflower Seeds  
Pumpkin Seeds  
Flax Seeds  
Chia Seeds



## DAIRY

Butter - Ghee  
Blue Cheese - Ricotta  
Parmesan - Romano  
Asiago - Mascarpone  
Colby - Monterey Jack  
Cheddar - Swiss - Mozzarella  
Brie - Feta - Goat Cheese  
Greek Yogurt - Creme Fraiche  
Cream Cheese  
Heavy Whipping Cream  
Sour Cream  
Cottage Cheese

**\*\*Consume grass-fed, non-gmo, uncured, no hormones/antibiotics and organic whenever possible**