

KETO- APPROVED FOOD LIST

TIPS

- Limit nuts & fruits to 1 handful
- Enjoy keto treats occasionally
- Focus on unprocessed foods
- Digestive issues? Remove nuts, seeds, cruciferous vegetables, and prebiotic fiber

Protein & Dairy

Beef
Lamb
Pork
Poultry
Fish
Seafood
Organ Meats
Gelatin
Bone Broth
Eggs
Cheese
Heavy Cream
Sour Cream
Cream Cheese

Snack Foods

Pork Rinds
Seaweed Snacks
95% Dark
Chocolate/Lily's
Chocolate
Sugar-free Jello
Miracle Noodles
Quest Protein Snacks
Rebel/Enlightened
Ice Cream
Coconut/Almond
Flour

Miscellaneous

Xylitol
Stevia
Erythritol
Vinegar
Mustard
Unsweetened
ketchup
Soy Sauce
Lemon/Lime Juice
Low Carb Pasta
Sauce
Alfredo Sauce
Spices

Vegetables

Asparagus
Bean sprouts
Broccoli
Brussel sprouts
Cabbage
Cauliflower
Celery
Cucumber
Eggplant
Kale
Mushrooms
Onions
Peppers
Radishes
Lettuce
Spinach
Zucchini

Fruits & Nuts

Blueberries
Raspberries
Strawberries
Blackberries
Tomatoes
Olives
Avocados
Coconut
Lemons
Almonds
Cashews
Macadamias
Pecans
Walnuts
Hazelnuts
Chia Seeds
Hemp Seeds

Beverages

Coffee
Sugar-free Drinks
Tea
Almond Milk
Red/White Wine
Distilled Spirits

Fat Sources

Lard
Tallow
Duck Fat
Ghee
Butter
Coconut Oil
Extra Virgin Olive Oil
MCT Oil