

KETO DIET

Food list

ZERO CARB FOODS

**to eat anytime*

Proteins

- Tuna
- Halibut
- Salmon
- Tilapia
- Cod
- Flounder
- Sardines
- Mussels
- Crab
- Organ Meats
- Beef, grass-fed
- Chicken
- Lamb
- Bacon (w/o sugar)
- Pork
- Turkey Meat
- Veal
- Eggs

Herbs, Spices, Seeds

- Herbs
- Spices
- Vinegar
- Flax Seeds

Fats, Oil

- Butter, grass-fed
- Ghee
- Chicken Fat
- Avocado Oil
- Coconut Oil
- Duck Fat
- Flax Seeds Oil
- Walnut Oil
- Macadamia Oil
- Red Palm Oil
- Coconut Oil
- Olive Oil

Drink

- Water (plain)
- Sparkling Water
- Herbal Tea
- Tea (black, green)
- Coffee

LOW CARB FOODS

**to eat occasionally*

Non-Starchy Veggies (1-4 mCarbs)

- Arugula
- Chard
- Spinach
- Endive
- Kale
- Broccoli
- Cabbage
- Brussels Sprouts
- Avocado
- Cauliflower
- Celery
- Zucchini
- Olives
- Chives
- Cucumbers
- Parsley
- Lettuce
- Radish

Full-Fat Organic Dairy (4+ Carbs)

- Full-Fat Cow Milk
- Sour Cream
- Yogurt
- Full-Fat Cheeses
- Cream
- Kefir

Nuts, Seeds (4-8 Carbs)

- Brazil Nuts
- Pumpkin Seeds
- Macadamia Nuts
- Chia Seeds
- Flax Seeds Oil
- Pine Nuts
- Pecans
- Walnuts

Drink (w/o sugar)

- Almond Milk
- Coconut Milk
- Broth
- Veggie Juice
- Water with Lemon

