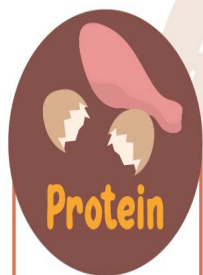


KETO DIET

Low Carb Food List for Beginners



Protein

Chicken
Steak
Pork
Bacon
Fish
Shellfish
Lamb
Sausages
Turkey
Eggs
Tofu



Dairy

Cream
Sour Cream
Yogurt (full-fat)
Butter
Cream Cheese
Cheddar Cheese
Parmesan Cheese
Mozzarella Cheese
Havarti Cheese



Veggies

Celery
Spinach
Radishes
Bell Peppers
Broccoli
Mushroom
Cabbage
Eggplant
Arugula
Asparagus



Fruits

Strawberries
Blackberries
Raspberries
Lemon
Lime
Avocado
Watermelon
Coconut
Apricot
Cantaloupe



Nuts

Macadamia
Sunflower Seeds
Brazil
Pecans
Walnuts
Hazelnuts
Almond
Pine Nuts
Peanuts
Chia Seeds
Pistachio



Pantry

Stevia
Monkfruit
Erythritol
Almond Flour
Coconut Flour
Protein Powder