



# KETO Food List

## MEATS

### *beef*

Ribeye  
Roast  
Ground Beef  
Lamb

### *deli*

Chicken  
Corned Beef  
Pastrami  
Prosciutto

### *poultry*

Chicken  
Turkey  
Hen  
Quail

### *fish*

Anchovies  
Bass  
Catfish  
Cod

### *shellfish*

Abalone  
Caviar  
Crab  
Clams

## EGGS

### *eggs*

Chicken  
Goose  
Duck  
Quail

## PRODUCE

### *fruits*

Avocado  
Raspberries  
Blackberries  
Blueberries

### *vegetables*

Asparagus  
Broccoli  
Bell Peppers  
Boy Choy

## DAIRY

### *dairy*

Butter  
Blue Cheese  
Buffalo Mozzarella  
Brie



## NUTS AND SEEDS

### *nuts*

Almonds  
Brazil Nuts  
Hazelnuts  
Macadamia

### *seeds*

Pumpkin  
Sesame  
Sunflower



## SNACKS

### *snacks*

Cacao Nibs  
Whisps Cheese Crisps  
Quest Protein Chips Sour Cream & Onion  
General Nature Low Carb Granola Original

## AVOID

### *grains*

Pasta  
Rice  
Wheat  
Oats

### *ingredients*

White Sugar  
Agave  
Brown Sugar  
Corn Syrup

### *sugars*

Soda  
Juice  
Fruit Juice  
Sports Drinks

### *fruits*

Canned Fruit  
Apples  
Oranges  
Bananas

### *baked goods*

Bread  
Cakes  
Pastries  
Pancakes

### *legumes*

Baked Beans  
Black Beans  
Pinto Beans  
Kidney Beans

### *processed foods*



Get the full list!  
wordtoyourmother.com