

# KETO Food List

## MEATS

### BEEF, DELI, POULTRY, FISH

Select grass-fed, organic & pasture-raised meat when you can-grass-fed meat contains more healthy omega-3's & antioxidants and less hormones. Keep an eye out for sales & stock your freezer when prices drop!

#### beef

Ribeye  
Roast  
Ground Beef  
Lamb  
Pork  
Pork Chops  
Pork Tenderloin  
Ground Pork  
Pork Loin  
Ham  
Bacon  
Goat

#### deli

Chicken  
Corned Beef  
Pastrami  
Prosciutto  
Salami  
Roast Beef  
Turkey

#### poultry

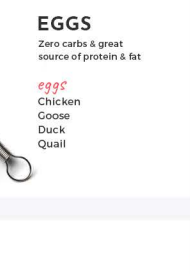
Chicken  
Turkey  
Hen  
Quail  
Turkey  
Duck

#### shellfish

Abalone  
Caviar  
Crab  
Clams  
Lobster  
Mussels  
Octopus  
Oysters  
Scallops  
Shrimp  
Snails  
Squid

#### fish

Anchovies  
Bass  
Catfish  
Cod  
Halibut  
Flounder  
Red Snapper  
Sardines  
Salmon  
Shrimp  
Trout  
Tuna  
Tilapia  
Lobster  
Mackerel  
Mahi Mahi  
Orange Roughy



**FISH**  
Choose the fattier, wild caught fish when selecting seafood. It will also have less of the chemicals or hormones and dyes that are often added to make farm-raised fish appear more appetizing.

## PRODUCE

### FRUITS, VEGETABLES

#### fruits

Avocado: 2g Net Carbs per 1/2 Avocado  
Raspberries: 3g Carbs per 1/2 Cup  
Blackberries: 4g Carbs per 1/2 Cup  
Blueberries: 6g Carbs per 1/2 Cup  
Lemon: 5g Carbs per Lemon  
Lime: 7g Carbs per Lime  
Strawberries: 6g Carbs per 1/2 Cup

#### VEGETABLES

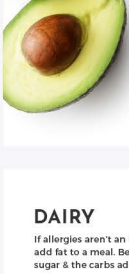
Choose veggies that grow above ground & cook them in coconut oil or avocado oil to add in healthy fats!

#### vegetables

Asparagus  
Broccoli  
Bell Peppers  
Boy Choy  
Brussels Sprouts  
Cabbage  
Cauliflower  
Celery  
Collard Greens  
Cucumbers  
Eggplant  
Green Beans  
Jalapeño Peppers  
Kale  
Mushrooms  
Lettuce: Boston, Endive, Field Greens, Iceberg, Romaine

#### Mustard Greens

Okra  
Onions  
Peppers  
Radishes  
Scallions  
Snap Peas  
Spaghetti Squash  
Spinach  
Swiss Chard  
Tomatoes  
Turnip Greens  
Zucchini



## DAIRY

If allergies aren't an issue, raw and organic dairy products are a great way to add fat to a meal. Be sure to avoid low-fat versions and milk. Milk is high in sugar & the carbs add up quickly!

#### dairy

Butter  
Blue Cheese  
Buffalo Mozzarella  
Brie  
Aged Cheddar  
Colby  
Cottage Cheese  
Cream Cheese  
Feta Cheese  
Ghee

Greek Yogurt  
Goat Cheese  
Heavy Cream  
Mayonnaise  
Mozzarella  
Parmesan  
Provolone  
Ricotta  
Swiss  
Sour Cream



## NUTS AND SEEDS

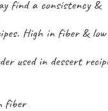
Nuts & seeds can be enjoyed as a snack (especially Brazil Nuts, Macadamia Nuts, & Pecans), but be careful not to mindlessly snack & overeat-they are high in calories even in their purest form. Also, steer clear of salted, glazed, and spiced varieties that may have added sugars and carbs!

#### nuts

Almonds  
Brazil Nuts: *Lowest amount of carbs per serving*  
Hazelnuts  
Macadamia Nuts: *Lowest amount of carbs per serving*  
Pecans: *Lowest amount of carbs per serving*  
Pine Nuts  
Walnuts

#### seeds

Pumpkin Seeds  
Sesame Seeds  
Sunflower Seeds



## BAKING

#### baking

Blanched Almond Flour: Made from almonds that are boiled to remove the skin & ground into a super fine flour. Use in keto bread, pancake, muffin, and dessert recipes. High in healthy fats & low in carbs  
Almond Meal: Low carb, gluten-free flour alternative. Similar to Almond Flour, but not as finely milled. If you use Almond Meal you may find a consistency & texture difference because it may contain almond skin  
Coconut Flour: Use in low carb dessert & bread recipes. High in fiber & low in carbs  
Cocoa Powder: Unsweetened dark 100% Cocoa Powder used in dessert recipes & hot chocolate  
Flax Meal: Use in bread, cookies, & muffins  
Oat Fiber: Use in baking recipes. All carbs come from fiber  
Psyllium Husk: Use in keto bread recipes-great source of fiber that helps thicken up recipes  
Xanthan Gum: Another thickening product for your keto kitchen! Use in baked recipes, stews, and desserts  
Pink Himalayan Sea Salt



## SWEETENERS

#### sweeteners

Stevia: This liquid (or powder) sweetener with 0 g carbs is 200-300X sweeter than sugar. A little goes a long way! Downsides? Some people complain of a bitter aftertaste  
Erythritol: Powdery sugar alcohol that's found in many foods naturally. Low in calories with a glycemic index of zero. Erythritol is not as sweet as sugar so you may have to use a little more to get the effect. Warning: Sugar alcohols may cause bloating or cramping



Swerve: This all-natural, no calorie combo of erythritol, citrus flavoring, and oligosaccharides is becoming more popular for baking because you can brown & caramelize it JUST LIKE CANE SUGAR! Plus, you can sub it for sugar cup for cup-which takes a lot of guesswork & math out of the kitchen. (We love that!) Disadvantage? Contains a small amount of carbs  
Monk Fruit: Made from Monk Fruit this natural sweetener is low calorie with a zero glycemic index score. 300 times more potent than sugar-a little goes a long way-plus there's no bitter aftertaste.  
Downside: May cost extra  
Pure Vanilla Extract: Rodelle Pure Vanilla Extract-Amazon



## Salad Dressings

Salad is a popular lunch choice, but don't derail your diet with the wrong dressing!

#### salad dressings

Oil & Vinegar: 0.8g Carbs per 2 Tablespoons  
Ranch: 1.7g Carbs per 2 Tablespoons  
Blue Cheese: 1g Carbs per 2 Tablespoons  
Caesar: .5g Carbs per 2 Tablespoons  
Italian: 3.6g Carbs per 2 Tablespoons



## DRINKS

#### drinks

Water: Your #1 go-to is H2O! Add lemon, lime, or cucumber to flavor it if you must, but make sure you are drinking at least 8-8 oz glasses of it per day  
Tea: As long as you don't add sugar most varieties of tea is approved on keto: Green, Black, Mint, Herbal-whathaveyou

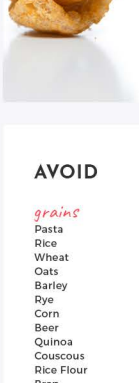


Coffee: Yes! But again, no sugar! You may add in a little milk or heavy cream. Bulletproof Coffee is another fabulous option that's filling & will give you extra energy  
Unsweetened Almond Milk: Perfect milk alternative without the sugar or carbs-0 net carbs per cup  
Bone Broth: Sip on nutrient filled Bone broth to hydrate and to help ward off symptoms of the keto flu. Bone broth is loaded with healthy nutrients and electrolytes  
Alcohol: Avoid liquid bread, AKA Beer. Even most low carb brands have too many carbs to be considered. But if Beer is your thing & you just can't help yourself, Budweiser Select (1.9 Carbs) & Rolling Rock Green Light (2.4 Carbs) are good options  
Wine: Dry Red & White Wines range from 4-5 net carbs per glass  
Liquor: Vodka, Whiskey, Gin, Tequila, & Rum all come in at 0 Carbs - Beware of the Mixers! Remember juice is off limits so drink it straight or with Sparkling Water

## SNACKS

#### snacks

Cacao Nibs  
Whisps Cheese Crisps: Crispy Cheese Snake - 1g Carbs  
Quest Protein Chips Sour Cream & Onion: 3g Carbs - Amazon  
General Nature Low Carb Granola Original: 4g Carbs - Amazon  
Dry Roasted Sunflower Seeds  
Pumpkin Seeds  
ChocZero Milk Chocolate Almond Bark  
Pork Rinds  
Pickles  
Fioucci Panino Antipasti: Salami & Mozzarella Wraps - Walmart  
Moon Cheese  
Olives: Basil & Garlic pitted - .3 Carbs  
4505 Chicharrones: 0g Carbs Thrive  
Pearls Olives To Go!: Pre-portioned Olive Snack - Walmart  
Wholly Guacamole Minis  
Cello Whisps Parmesan Cheese Crisps: Walmart  
Sejovia Coco Roons Chewy Cookie Bites: 8g Carbs - Amazon



## AVOID

#### grains

Pasta  
Rice  
Wheat  
Oats  
Barley  
Rye  
Corn  
Beer  
Quinoa  
Couscous  
Rice Flour  
Bran  
Buckwheat  
Millet  
White Flour  
Wheat Flour  
Most Flours  
Cereal  
Crackers

#### ingredients

White Sugar  
Agave  
Brown Sugar  
Corn Syrup  
Coconut Sugar  
Fructose  
Dextrose  
Lactose  
Glucose  
Honey  
Mable Syrup  
Most Sauces

#### sugars

Soda  
Juice  
Fruit Juice  
Sports Drinks  
Chocolate  
Ice Cream  
Candy

#### processed foods

### PROCESSED FOODS

If it comes in a bag or a box it's probably processed food which is NOT on the keto diet!

#### baked goods

Bread  
Cakes  
Pastries  
Pancakes  
Pretzels  
Snack Bars  
Crackers  
Muffins  
Cookies

#### legumes

Beans: Baked, Black, Pinto, Kidney, Lima  
Lentils  
Soybeans  
Chickpeas