

KETO

Food List

Edited by Emmanuel Jose

FATS & OILS

- Avocado Oil
- Cocoa Butter
- Coconut Butter
- Coconut Oil
- Duck Fat
- Egg Yolks
- Lard
- Macadamia Oil
- MCT Oil
- Olive Oil
- Red Palm Oil
- Sesame Oil
- Tallow
- Walnut Oil



DAIRY

- Blue cheese
- Brie cheese
- Butter
- Cheddar Cheese
- Cottage Cheese (plain and full-fat)
- Cream Cheese
- Feta Cheese (in moderation)
- Ghee
- Gouda
- Goat Cheese
- Half and Half
- Heavy Cream
- Mozzarella Cheese
- Muenster Cheese
- Parmesan Cheese
- Sour Cream (organic)
- Whole Cream



LIQUIDS

- Almond Milk
- Broth (chicken, beef, bone)
- Club Soda
- Coconut Milk
- Coffee, unsweetened
- Herbal Teas
- Kombucha (watch net carbs)
- Lemon Juice (small amount)
- Lime Juice (small amount)
- Seltzer Water
- Sparkling Mineral Water
- Tea, unsweetened
- Water



PROTEIN

- Bacon
- Beef, Beef Jerky
- Bison
- Chicken
- Deer
- Duck
- Eggs
- Elk
- Goat
- Goose
- Hot Dogs (organic/grass-fed)
- Lamb
- Moose
- Pepperoni
- Pheasant
- Pork, Pork Rinds
- Quail
- Rabbit
- Salami
- Sausage
- Sheep
- Turkey
- Veal
- Wild Boar
- Wild Turkey



ORGAN MEATS

- Bone Marrow
- Heart
- Kidney
- Liver
- Tongue
- Tripe

HERBS & SPICES

- Allspice
- Basil
- Cardamom
- Cayenne Pepper
- Chili Powder
- Cilantro/Coriander
- Cinnamon
- Cloves
- Cumin
- Curry Powder
- Dill
- Ginger
- Italian Seasoning
- Nutmeg
- Oregano
- Paprika
- Parsley
- Rosemary
- Sage
- Salt and Pepper
- Thyme
- Turmeric



FISH

- Anchovies
- Bass
- Cod
- Eel
- Flounder
- Grouper
- Haddock
- Halibut
- Herring
- Mackerel
- Mahi-Mahi
- Orange Roughy
- Perch
- Red Snapper
- Rockfish
- Salmon
- Sardines
- Sole
- Tilapia
- Trout
- Tuna (including Albacore)
- Turbot



SEAFOOD

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



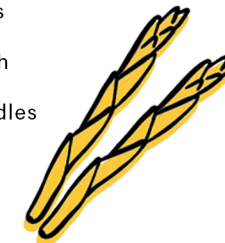
NUTS & SEEDS

- Almonds
- Brazil Nuts
- Chia Seeds
- Hazelnuts
- Hemp Seeds
- Macadamia Nuts
- Peanuts
- Pecans
- Pine Nuts
- Pistachios
- Pumpkin Seeds
- Seed Butters (unsweetened)
- Sesame Seeds
- Sunflower Seeds
- Tahini (sesame butter)
- Walnuts



VEGETABLES

- Artichoke
- Arugula
- Asparagus
- Bean Sprouts
- Beet Greens
- Bok Choy
- Broccoli
- Brussel Sprouts
- Butterhead Lettuce
- Cabbage
- Carrots (small amount)
- Cauliflower
- Celery
- Chard
- Chives
- Cucumber
- Dandelion Greens
- Eggplant
- Endive
- Fennel
- Garlic
- Green Beans
- Jicama
- Kale
- Kimchi
- Kohlrabi
- Leafy Greens
- Leeks
- Microgreens
- Mushrooms (all kinds)
- Mustard Greens
- Okra
- Onion
- Parsley
- Peas (in moderation)
- Peppers (all kinds)
- Radicchio
- Radishes
- Rhubarb
- Romaine Lettuce
- Sauerkraut
- Scallions
- Seaweed (all sea vegetables)
- Shallots
- Shirataki Noodles (konjac plant)
- Spaghetti squash
- Spinach
- Swiss Chard
- Tomatoes (in moderation)
- Turnip Greens
- Watercress
- Yellow Squash
- Zucchini
- Zucchini noodles



VEGAN PROTEIN

- Hummus
- Mushrooms
- Nut Butters
- Nutritional Yeast
- Protein Powder (pea, hemp, brown rice)
- Seed Butters
- Seeds (Sunflower, Sesame, Pumpkin)
- Spirulina
- Sprouted Beans
- Tofu/Tempe (organic)



FRUIT & BERRIES

- (berries in small amounts)
- Avocado
- Blackberries
- Black Currant
- Blueberries
- Chokeberries
- Cultivated European Gooseberry
- Lemon
- Lime
- Olive
- Pumpkin
- Raspberries
- Red Currant
- Sea-buckthorn
- Strawberries
- Tart Cherries



PANTRY ITEMS

- Almond Flour/Meal
- Cacao Nibs
- Cacao Powder
- Coconut Aminos
- Coconut Flour
- Cod Liver Oil (Fish Oil)
- Dark Chocolate (at least 70%)
- Erythritol
- Fermented Vegetables
- Fish Sauce
- Gelatin
- Gluten-free Tamari Sauce
- Himalayan Pink Salt
- Hot Sauce (no sugar)
- Mayonnaise (from good oils)
- Monk Fruit
- Mustard (no sugar)
- Pickles (no sugar)
- Shredded Coconut
- Sriracha
- Stevia
- Vanilla Extract
- Vinegar



CONSULT YOUR PHYSICIAN BEFORE STARTING A NEW DIET OR FITNESS PROGRAM.

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