

# KETO DIET FOOD LIST

○ ~ZERO CARBS FOODS

## Meat

- Beef
- Tongue
- Ribs
- Roast
- Pastrami
- Sausage
- Corned
- Ground 70%-90% Lean
- Hot Dog / Frankfurter
- Steak
- Bologna
- Lamb
- Pepperoni
- Pork
- Bacon
- Chops
- Ham
- Liverwurst
- Loin
- Proscuitto
- Sausage
- Veal
- Venison

## Eggs, Poultry

- Eggs
- Chicken
- Duck
- Goose
- Quail
- Turkey

## Flours, Meals

- ❖ Acorn Flour
- ❖ Almond Flour
- ❖ Almond Meal
- ❖ Cocoa Powder
- ❖ Coconut Flour
- Flax Seed Meal
- ❖ Protein Powder
- ❖ Psyllium Husk
- ❖ Sesame Seed Flour

## Cheese

- ❖ Bleu Cheese
- ❖ Cheddar
- ❖ Cottage Cheese
- ❖ Cream Cheese
- ❖ Feta
- ❖ Gouda
- ❖ Mozzarella
- ❖ Parmesan
- ❖ Provolone
- ❖ Ricotta Cheese
- ❖ Swiss

## Dairy & Substitutes

- ❖ Almond Milk (w/o sugar)
- ❖ Coconut Cream
- ❖ Coconut Milk (w/o sugar)
- ❖ Greek Yogurt
- ❖ Heavy Cream
- ❖ Sour Cream (full fat)
- ❖ Soy Milk (w/o sugar)
- ❖ Whipped Cream
- Grass Fed Butter

## Nuts & Legumes

- ❖ Almonds
- ❖ Brazil Nuts
- ❖ Coconut
- ❖ Hazelnuts
- ❖ Macadamias
- ❖ Pecans
- ❖ Pistachios
- ❖ Walnuts

## Seeds

- ❖ Chia
- Flax
- ❖ Hemp
- ❖ Pumpkin
- ❖ Safflower
- ❖ Sesame
- ❖ Sunflower

## Seafood

- Anchovies
- Fresh Fish
- Bass
- Carp
- Flounder
- Haddock
- Halibut
- Mackerel
- Salmon
- Sardines
- Sole
- Tilapia
- Trout
- Tuna
- Clams
- Crab Meat
- Lobster
- Mussels
- Oysters
- Shrimp
- Squid

## Fats & Oils

- ❖ Almond Butter
- Avocado Oil
- Butter
- Cocoa Butter
- Coconut Oil
- Fish Oil
- Flax Seed Oil
- Ghee
- Grape Seed Oil
- Hemp Seed Oil
- Lard
- ❖ Full Fat Mayonnaise
- Olive Oil (Ex. Virgin)
- Walnut Oil

## Drinks (w/o sugar)

- Water
- Coffee
- Tea (Black)

## Vegetables

- ❖ Arugula
- ❖ Asparagus
- ❖ Bok Choy
- ❖ Broccoli
- ❖ Cabbage
- ❖ Cauliflower
- ❖ Celery
- ❖ Chard
- ❖ Chicory Greens
- ❖ Cucumber
- ❖ Eggplant
- ❖ Endive
- ❖ Fennel
- ❖ Garlic
- ❖ Green Bean
- ❖ Jalapeño
- ❖ Lettuce
- ❖ Parsley
- ❖ Radish
- ❖ Spinach
- ❖ Soy Bean
- ❖ Zucchini

## ○ All Herbs

## Fruits & Berries

- ❖ Avocado
- ❖ Blackberry
- ❖ Blueberry
- ❖ Cranberry
- ❖ Lemon
- ❖ Lime
- ❖ Green Olive
- ❖ Raspberry
- ❖ Strawberry
- ❖ Rhubarb
- ❖ Tomato

## Dressings

- ❖ Red Wine Vinegar
- ❖ Bleu Cheese
- ❖ Creamy Caesar
- ❖ Ranch