



Beginners

KETO FOOD LIST

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MEATS AND FISH

- Bacon, Pork, Ham
- Chicken
- Moose
- Duck, Pheasant
- Crab, Haddock, Halibut
- Lamb, Elk, Bison
- Alligator
- Lobster, Flounder,
- Shrimp, Bass, Catfish
- Turkey
- Orange Roughy
- Salmon, Sole, Tuna,
- Trout, Red Snapper,
- Elk, Boar, Deer, Buffalo
- Beef/Jerky, Steak, Veal
- Hot Dogs, Sausage
- Pork Rinds
- Clam, Mahi-Mahi, Tilapia
- Sardines, Mackerel

DRINKS

- Water
- Coffee/Tea
- Bone Broth
- Seltzer

NUTS AND SEEDS

- Brazil, Sunflower
- Hazelnuts,, Almonds
- Macademia, Pistachio
- Pecans, Walnuts
- Pine Nuts, Sesame
- Coconut, Cashew
- Peanuts, Pumpkin
- Chia/Hemp/Flax
- Coconut/ Almond Flour
- Unsweetened Nut Butters

VEGETABLES

- Asparagus, Arugula
- Mushrooms
- Celery, Fennel
- Cucumber, Radish
- Garlic, Bok Choy
- Romaine Lettuce
- Spinach, Endive, Kale
- Cauliflower, Chard
- Cabbage, Jalapeno
- Zucchini, Eggplant
- Mustard Greens, Garlic
- Brussel Sprouts
- Broccoli, Rapini
- Green beans, Onion

DAIRY

- Eggs, Duck, Quail, Goose etc.
- Sour cream, Cream Cheese
- Greek or natural yogurt
- Cheese (Mozzarella, Cheddar, Asiago, Swiss, Parmigiano etc
- Cottage cheese, Brie, Ricotta
- Feta, Goat, Blue, Provolone etc

FRUITS

- Raspberries. Blackberries
- Blueberries, Strawberries
- Lemon, Lime, Cranberries
- White or Apple Cider Vinegar

FATS

- Butter/Ghee
- Heavy/Half and Half Cream
- Eggs (see above)
- Coconut, Avocado, MCT,
- Palm, Extra virgin olive oil
- Lard
- Bacon fat
- Avocados
- Fish oils
- Nut oils
- Animal products