

KETOGENIC-FRIENDLY FOODS

VEGETABLES

Alfalfa sprouts
Artichokes
Arugula
Asparagus
Bamboo
Bean sprouts
Beet greens
Bok choy
Boston bibb lettuce
Broccoli
Brussels sprouts
Butter lettuce
Cabbage (napa, chinese, green, red)
Carrots
Cauliflower
Celery
Chives
Cilantro
Collard greens
Cucumber
Dandelion greens
Eggplant
Endive
Escarole
Fennel
Garlic
Green beans
Green leaf lettuce
Hearts of palm
Jicama
Kale
Leeks
Mint
Mushrooms
Mushrooms
Mustard greens
Okra
Onions
Parsley
Peppers (bell, sweet, poblano, jalapeno)
Pumpkin
Radicchio
Radishes
Red leaf lettuce
Romaine lettuce
Scallions
Seaweed/ sea plants
Shallots
Snap peas
Snow peas
Spaghetti squash
Spinach
Swiss chard
Tomatoes

Turnip greens
Turnips
Watercress
Water chestnut
Winter squash
Zucchini

Fermented Vegetables:

Kimchi
Pickles
Sauerkraut

FRUITS

Apple (a few very thin slices)
Avocados (hass)
Blackberries
Blueberries
Cranberries
Grapefruit (a few sections)
Lemons
Limes
Olives
Raspberries
Strawberries

FISH

Alaskan salmon (fresh, canned, smoked)
Anchovies
Calamari/squid
Clams
Cod
Crab
Flounder
Freshwater bass
Grouper
Haddock
Halibut
Herring
Lobster
Mackerel
Mahi
Mussels
Oysters
Perch
Red snapper
Rockfish
Sardine
Scallops
Shark
Shrimp
Sole
Trout
Tuna (canned, fresh, albacore, yellowtail)

POULTRY AND EGGS

Chicken
Duck
Eggs
Elk
Goose
Ostrich
Pheasant
Quail
Turkey

MEAT

Beef
Bison
Buffalo
Cured meats (bacon, salami, pepperoni, prosciutto, beef jerky, pork rinds)
Goat
Lamb
Organ meats (i.e. liver)
Pork (including limited amounts of bacon and sausage)
Veal
Venison

PLANT-BASED PROTEIN

Low-carb protein powders
Nutritional Yeast
Quorn
Tempeh
Tofu

CHEESE

Blue
Brie (goat)
Cheddar
Colby
Cottage
Feta
Goat
Gouda
Mozzarella
Parmesan
Ricotta
Swiss

NUTS AND SEEDS

Almonds
Almond butter
Brazil nuts (limit to 3 per day)
Cashews
Cashew butter
Chestnuts
Chia seeds
Coconut (including unsweetened meat, milk, cream, or flour)
Flaxseed (grind and store in the refrigerator)
Hazelnuts
Hemp hearts/seeds
Macadamias
Pecans
Pine nuts
Pistachios
Pumpkin seeds
Sesame seeds
Sunflower seeds
Walnuts

FATS AND OILS

Almond oil
Avocado oil
Butter or ghee (if including dairy fats in the plan)
Coconut oil
Cod liver oil
Dark chocolate >70%
Extra virgin olive oil
Flaxseed oil
Grapeseed oil
Lard, tallow, or other saturated animal fats
Macadamia oils
Mayonnaise (organic or homemade)
MCT oil
Olives
Omega-3 fish oils
Sesame oil
Walnut oil

DAIRY

Butter
Cream cheese (full fat)
Ghee
Half and half
Heavy cream
Kefir
Sour cream (full fat)
Yogurt (plain or plain greek)

CONDIMENTS

Anchovy paste
Capers
Coconut amines
Hot sauce
Miso
Mustard
Soy sauce
Tahini
Tamari (gluten free)
Vinegars (apple cider, balsamic, red, white)
Wasabi

FLOURS AND OTHER BAKING ITEMS

Almond flour
Almond meal
Arrowroot
Carob
Cassava
Coconut flour
Unsweetened cacao powder or cacao nibs
Unsweetened shredded coconut

SWEETENERS

Almond extract
Erythritol
Monk fruit
Stevia (liquid drops, preferably organic)
Vanilla extract
Xylitol (careful: it is toxic to dogs)

BEVERAGES

Clear broths/ bone broth
Club soda
Coffee
Distilled liquors (gin, rum, vodka, whiskey, tequila)
Dry wine (cabernet sauvignon, pinot noir, chardonnay, sauvignon blanc, zinfandel)
Green tea
Herbal tea
Milk
Mineral water
Sparkling water
Unsweetened almond milk
Unsweetened cashew milk
Unsweetened coconut milk
Unsweetened hemp milk
Water

SPICES AND HERBS

Basil
Chili powder
Chives
Cilantro
Cinnamon
Cloves
Coriander
Cumin
Curry
Dill
Garlic
Garlic powder
Ginger
Ginger powder
Italian seasoning
Mint
Nutmeg
Onion powder
Oregano
Paprika
Pepper
Rosemary
Sage
Salt
Thyme
Turmeric