

Keto Food List

WHAT TO EAT

MEAT

Beef
Chicken
Pork
Lamb
Goat
Eggs

FISH/SEAFOOD

Sardines
Salmon
Crab
Lobster
Oysters
Shrimp
Scallops
Tuna

VEGGIES

Artichokes
Asparagus
Bell Peppers
Bok Choy
Broccoli
Brussel Sprouts
Cabbage
Olives
Mushrooms
Pickles
Spinach
Cauliflower
Cucumber
Eggplant
Onion
Lettuce
Zucchini
Snow Peas
Cilantro
Squash
Okra
String beans
Kale
Parsley
Garlic
Seaweed
Tomatoes

FRUITS

Blackberries
Blueberries
Raspberries
Strawberries
Avocado
Coconut

FATS

Coconut Oil
Fish Oil
Olive Oil
Ghee
Butter
Tallow
Lard
Avocado Oil

NUTS

Pecans
Macadamia Nuts
Almonds
Walnuts
Pistachio

SEEDS

Sesame
Sunflower
Chia
Flax

DRINKS

Coconut Milk
Almond Milk
Cashew Milk
Coffee
Unsweetened Tea
Water
Sparkling Water

FLOUR

Coconut Flour
Almond Flour

DAIRY

Heavy Whipping Cream
Sour cream
Mayonnaise
Greek Yogurt
Cheese
Cream cheese

SWEETENER

Stevia
Erythritol
Monk fruit

EAT OCCASIONALLY AND IN MODERATION

ALCOHOL

Martini
Gin
Manhattan
Bloody Mary
Vodka
Tequila
Gin
Whiskey
Rum
Scotch
Brandy
Cognac

DESSERTS

Dark Chocolate
Unsweetened Cocoa

FOODS TO AVOID

DRINKS

Cocktails
Sodas
Energy Drinks
Fruit Juices

STARCHES

Bread
Crackers
Pasta
Popcorn

SWEETENERS

Sucrose
Honey
Agave
High-Fructose Corn
Syrup

DESSERTS

Most desserts with tons
of sugar
Cakes
Ice Cream
Pastries

GRAINS

Cereals
Corn
Oats
Quinoa
Rice

FATS

Canola Oil
Cottonseed Oil
Flaxseed Oil
Sesame Oil
Soybean Oil
Safflower
Margarine
Vegetable Shortening