



# KETO DIET

## FOOD LIST



### HEALTHY FATS, OILS, AND NON-STARCHY VEGETABLES

#### 75% OF YOUR DIET \*



#### VEGETABLES

- Leafy greens
- Bok choy
- Cucumber
- Celery
- Eggplant
- Tomatoes
- Peppers
- Lettuce
- Brussels sprouts
- Zucchini
- Fennel
- Chives
- Kale
- Endive
- Radicchio
- Mushrooms
- Onion
- Garlic
- Celery
- Fresh herbs (mint, parsley, chives, basil, rosemary, cilantro)
- Root vegetables\*  
(butternut squash, yams, carrots, turnips, spaghetti squash, pumpkin, sweet potato )

\* Very small amounts of root vegetables are allowed, but be careful not to consume more than your 5% carb allowance to stay in ketosis

#### ANIMAL FATS

- Lard
- Ghee
- Tallow
- Grassfed butter
- Organ meats (liver, bone marrow, tongue)
- Fish (wild caught preferred to avoid toxins and PCBs): salmon, tuna, mackerel, cod, eel sole, trout, halibut, snapper
- Shellfish (crab, lobster, prawns, shrimp, squid, scallops)
- Egg yolks
- If you include dairy in your diet, stick to organic dairy products in smaller amounts, such as cheese, cream and greek yogurt.

#### NUTS AND SEEDS

- Pecans
- Walnuts
- Cashews
- Pine nuts
- Hazelnuts
- Pistachios
- Chia seeds
- Hemp seeds
- Sesame seeds
- Sunflower seeds

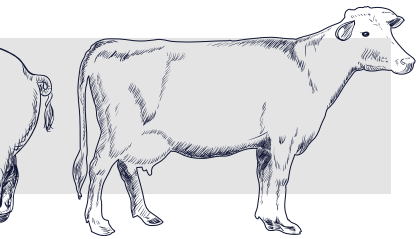
- Sugar-free Nut and seed butter (excluding peanut butter)
- Flax oil
- Walnut Oil
- Macadamia Oil

#### COOKING OILS

- Olive oil
- Avocado oil
- Unrefined coconut oil

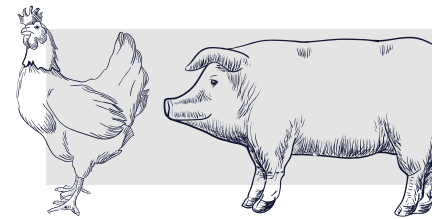
#### OTHER

- 100% Dark Organic Chocolate
- Raw cacao powder
- Spirulina
- Chlorella
- Maca root
- Unsweetened nut milk (cashew milk, almond milk, hemp milk, hazelnut milk, coconut milk)
- Seltzer or mineral water
- Herbal tea and coffee (as long as no sugar is added)
- Almond flour
- Coconut flour
- Fish oil supplements
- MCT oil
- Brain Octane oil
- Collagen & Gelatin supplements



# PROTEINS

## 20% OF YOUR DIET



### ANIMAL PROTEIN

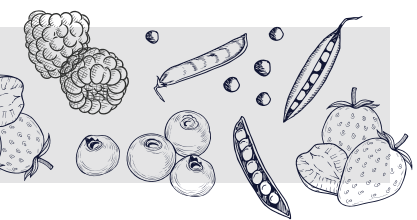
- Chicken
- Turkey
- Wild game
- Duck
- Beef
- Pork

### ORGANIC FULL FAT DAIRY PRODUCTS

- If you include dairy in your diet, stick to organic dairy products in smaller amounts, such as cheese, cream and greek yogurt.

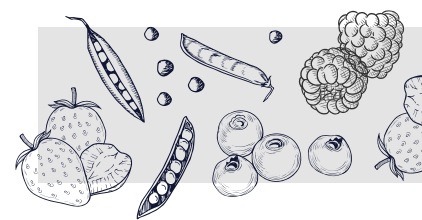
### BONE BROTH

- Kettle & Fire Beef Bone Broth: 6g protein, 2g carbs, 0g fat
- Kettle & Fire Chicken Bone Broth: 10g protein, 0g carbs, 1g fat



# CARBOHYDRATES

## 5% OF YOUR DIET



### BERRIES

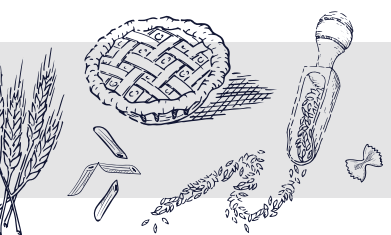
- Raspberries
- Blueberries
- Blackberries
- Strawberries

### FRUIT

- Citrus: lemon & lime
- Berries, apples, and pears are low sugar fruits that can be eaten in very small amounts

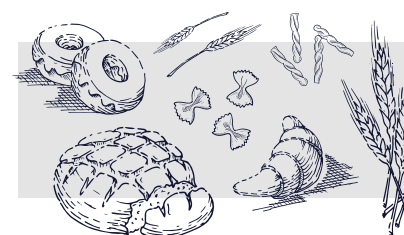
### LEGUMES

- Green peas and beans are low in starch, so they're the only legumes allowed



# FOODS TO AVOID

## 0% OF YOUR DIET



- Grains
- Refined sugar
- Alcohol
- Soda
- Beans and legumes (chickpeas, lentils, kidney beans)
- Low-fat dairy products (which are higher in carbs)

- Peanut butter (which is a legume, not a nut)
- Sugar alcohols (xylitol, maltitol, and sorbitol that is found in chewing gum)
- Refined vegetable oils (canola, peanut, sunflower) Although vegetable oils are fats, they're heavily processed with chemicals and deodorizers, which makes them far from a health food

\* Note: these percentages are based on the Standard Ketogenic Diet (SKD)



# KETO DIET

## CHEAT SHEET



We know that's an insanely long food list, so to keep things simple, here's a simple cheat sheet of keto diet approved foods to choose from. You can refer back to this keto cheat sheet to help guide your choices when it comes to grocery shopping, meal prep and eating out at restaurants.

- **NON-STARCHY VEGGIES**
- **LEAFY GREENS**
- **NUTS AND SEEDS**
- **OLIVES**
- **AVOCADO**
- **FATTY FISH**  
(SALMON, TUNA, MACKEREL)
- **BONE BROTH**  
(CHICKEN, BEEF)
- **COOKING OIL**  
(COCONUT OIL, AVOCADO OIL, OLIVE OIL)
- **UNSWEETENED NUT MILK**
- **EGGS AND EGG YOLKS**
- **NUT FLOURS** (ALMOND, COCONUT)
- **COCONUT MEAT**
- **ANIMAL PROTEIN**  
(CHICKEN, BEEF, DUCK, BISON, ELK)
- **COLLAGEN PROTEIN & GELATIN**
- **HERBS AND SPICES**  
(TURMERIC, BLACK PEPPER, GINGER, CURRY SPICE, CHILI, CILANTRO, PARSLEY, PINK HIMALAYAN SALT)
- **CONDIMENTS**  
(APPLE CIDER VINEGAR, MUSTARD, STEVIA)
- **COFFEE AND TEA**  
(NO SUGAR ADDED)
- **SUPERFOODS**  
(CHLORELLA, SPIRULINA, MACA ROOT)