

## A COMPREHENSIVE LIST OF KETO FOODS FOR YOUR KETO DIET

In the final video of the course, I mentioned that you are changing your entire food pantry, including refrigerated items. It can be extremely difficult to determine what foods you should and should not purchase for your fridge and pantry. Although, not absolute, I have created a comprehensive list of foods you can easily and safely place on your grocery list

### MEATS:

1. Beef
2. Veal
3. Lamb
4. Pork
5. Fowl (turkey, chicken, duck, goose, hen, quail)
6. Organ Meats\* (Liver contains Glycogen which is a source of carbohydrates 4 ounces can contain up to 4 grams of carbohydrates)
7. Exotic Meats (such as emu, camel, and ostrich)
8. Game Meats (elk, caribou, ostrich, bison, and venison)

### PROCESSED MEATS: (Be very careful here and choose high-quality products with no added carbs.)

1. Canned meat
2. Jerky, meat sticks, and other dried meat products
3. Smoked meat
4. Salted and cured meat (corned beef)
5. Deli Meats
6. Ham
7. Bacon
8. Sausages
9. Salami
10. Hot dogs

### ALCOHOL: (Since the liver creates the Ketones processes the alcohol, it can sometimes knock you out of Ketosis. Try to limit yourself to one drink)

1. Gin
2. Rum (unflavored)
3. Vodka (unflavored)
4. Whiskey
5. Tequila
6. Scotch
7. Bourbon
8. Brandy
9. Cognac

**SEAFOOD: (You can also buy canned, smoked, and other processed varieties but make sure they have no added carbs.)**

1. Cod
2. Flounder
3. Sole
4. Haddock
5. Halibut
6. Sardine
7. Swordfish
8. Flatfish
9. Spanish Mackerel
10. Grouper
11. Tuna
12. Trout
13. Salmon
14. Catfish
15. Bass
16. Shrimp (1g carbs per 100g)
17. Lobster (1.27g carbs per 100g)
18. Octopus (2.07g carbs per 100g)
19. Clams (2.39g carbs per 100g)
20. Scallops (2.41g carbs per 100g)
21. Squid (2.92g carbs per 100g)
22. Mussels (3.44g carbs per 100g)
23. Oysters (3.73g carbs per 100g)

**CONDIMENTS AND DRESSINGS:**

1. Keto Pesto (0.73 g)
2. Vinegar (0.5g)
3. Keto Guacamole (0.48 g)
4. Low-carb Thousand Island Dressing (0.38 g)
5. Keto BBQ Sauce (1.69 g)
6. Keto Ketchup (1.62 g)
7. Strawberry Chia Seed Jam (0.65 g)
8. Low Carb Blackberry Chipotle Jam (1.17 g)
9. Roasted Garlic Chipotle Aioli (0.45 g)
10. Italian Dressing (1.25 g)
11. Keto-Approved Ranch Dressing (0.57 g)
12. Caesar Dressing (0.51 g)
13. Keto Tartar Sauce (0.32 g)
14. Mayonnaise (0.23 g)
15. Soy Sauce (0.5g)

### RECOMMENDED SNACKS: 3-4 OZ.

1. Seaweed
2. Preserved meat products (e.g., jerky, biltong, pemmican, meat sticks)
3. Canned meat
4. Canned fish
5. Smoked fish
6. Bone broth
7. Pork rinds
8. Pepperoni slices (~0.5g in 14 slices)
9. Hard-Boiled Egg or Deviled (up to 2 eggs)
10. Bell Peppers with Guacamole
11. 1-2 oz
12. Homemade macadamia nut butter
13. Raw macadamia nuts
14. Raw pecans
15. Raw brazil nuts
16. String cheese
17. Hard cheese
18. Kale chips
19. Zucchini chips
20. Cheese chips
21. Pickles
22. Olives (5-8)

### SPICES, HERBS, SEASONINGS:

1. Salt
2. Black Pepper
3. Most sugar-free Hot Sauces
4. Mustard
5. Oregano
6. Rosemary
7. Thyme
8. Basil
9. Chives
10. Dill
11. Chili Powder\*
12. Curry Powder\*
13. Cinnamon\*

\* Limit these to a teaspoon due to higher trace carbs.

## DRINKS:

1. Water
2. Coffee
3. Tea
4. Sparkling Water
5. Club Soda
6. Seltzer water
7. Soda water
8. Almond Milk Unsweetened
9. Diet soda and other diet drinks (without any added sugar or sweeteners that increase your blood sugar levels) \*
10. Diet drink mixes or drinks enhancers with no added sugars\*
11. Sugar-free and carb-free energy drinks\*

**\* These are sweetened drinks and may cause cravings in the first few months of the Keto Diet.**

## VEGETABLES: (All Vegetables listed contain carbs and is where most of your carbs will come from)

1. Broccoli Raab (0.15g per 100g)
2. Watercress (0.79g per 100g)
3. Nopales (1.13g per 100g)
4. Bok Choi (1.18g per 100g)
5. Celery (1.37g per 100g)
6. Spinach (1.43g per 100g)
7. Mustard Greens (1.47g per 100g)
8. Asparagus (1.78g per 100g)
9. Radish (1.8g per 100g)
10. Avocado (1.84g per 100g)
11. Arugula (2.05 g per 100g)
12. Zucchini (2.11g per 100g)
13. Swiss Chard (2.14g per 100g)
14. Mushrooms (2.26g per 100g)
15. Kohlrabi (2.6g per 100g)
16. Tomato (2.69g per 100g)
17. Olives (2.8g per 100g)
18. Eggplant (2.88g per 100g)
19. Bell Pepper (2.9g per 100g)
20. Cauliflower (2.97g per 100g)
21. Cabbage (Green) (3g per 100g)
22. Bamboo Shoots (3g per 100g)
23. Cabbage (White) (3.07g per 100g)

### **EGGS AND DAIRY:**

1. Eggs (0.5g per large egg)
2. Heavy Cream (0.5g per tablespoon)
3. Half-and-Half (1-2g per tablespoon)

### **CHEESES:**

1. Asiago (0.9 g)
2. Blue (0.6 g)
3. Brie (0.1 g)
4. Camembert (0.1 g)
5. Cheddar (0.3 g)
6. Cream Cheese (1.1 g)
7. Colby (0.7 g)
8. Edam (0.4 g)
9. Fontina (0.4 g)
10. Goats (0.6 g)
11. Gouda (0.6 g)
12. Gruyère (0.1 g)
13. Havarti (0.7 g)
14. Mascarpone Cheese (0.9 g)
15. Mexican Blend Cheese (0.5 g)
16. Monterey (0.1 g)
17. Mozzarella (0.6 g)
18. Muenster (0.3 g)
19. Neufchatel (0.1 to 0.8 g)
20. Parmesan (0.9 g)
21. Provolone (0.6 g)
22. Ricotta (0.8 g)

### **NUTS AND SEEDS:**

1. Raw macadamia nuts have 1.6 grams of net carbohydrates per ounce (around 12 macadamia nuts).
2. Raw pecans provide 1.2 grams of net carbohydrates per ounce (around 15 pecan halves).
3. Raw Brazil nuts contain 1.2 grams of net carbohydrates per ounce (eight medium Brazil nuts).
4. Almonds: 2.3 g net carbohydrates per ounce (16 medium Almonds)
5. Chia seeds have 1.7 grams of net carbohydrates per ounce (about two teaspoons whole chia seeds).
6. Flaxseeds — 0.5-grams net carbohydrates per ounce (about two tablespoons whole flaxseeds)

**OILS AND FATS:**

1. Extra virgin olive oil
2. Coconut oil
3. Grass-fed butter or ghee
4. MCT oil (or unflavored MCT Oil Powder)
5. Avocado oil
6. Animal Fats (including lard)

TOTAL BODY AND HEALTH