



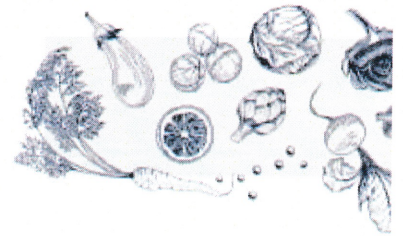
KETO DIET

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