

KETOGENIC FOOD LIST

Get more info on:

<http://www.HappyCreativeHome.com>

EFA - ESSENTIAL FATTY ACIDS

Fish oil liquid gels
Raw nuts
Coconut oil
Red Salmon - (canned, fresh water only)
Range-fed chicken eggs - check carton label
Olive, flaxseed & sunflower oils
Mayonnaise

KETO VEGETABLES

All dark green leafy vegetables
Broccoli
Celery
Cucumber
Green beans
Onions
Peppers
Tomato
Summer squashes
Radishes
Turnip

KETO FRUITS

Avocado
Berries, raspberries, strawberries
Cantaloupe, muskmelon, honeydew
Cherries
Coconut, fresh, dried
Lemon, lime
Rhubarb

KETO PROTEINS

Almonds, walnuts, macadamia and other nuts
Peanut butter
Whey protein powder
Flax, chia, sunflower seeds

SPICES & SEASONINGS

All herbs, sea salt
Chili pepper
Cinnamon
Curry
Ginger
Mustard

DAIRY

Eggs (range-free organic are best)
Butter
Whole cream
Heavy whipping cream
Cream cheese
Sour cream
Hard cheeses
Mozzarella and cheddar cheese
Brie & feta cheese
Unsweetened Greek & plain yogurt (not low-fat)

MEATS

All meats
Bacon, sausage
Low-sugar jerky and cured meat
Cold Cuts, processed meats if 100% meat

BEVERAGES

Water
Broth
Tea & coffee (unsweetened)
Lemon or lime water (fresh over ice is nice)
Berry water (put together in a blender)
Coconut milk
Almond milk (homemade or bought unsweetend)

OTHER

Cocoa (85% or higher)
Almond flour
Coconut flour
Ground psyllium husk flour

IN VERY SMALL AMOUNTS

Carrot, pumpkin, sweet potatoes
Green peas
Apple
Orange, nectarine, tangerine
Blueberry
Peach
Pear
Tropical fruits, pineapple
Watermelon

OTHER FOODS: Don't eat them.

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