

Keto Foods List

Meats

Bacon
Beef
Chicken
Pork
Lamb
Bison
Steak
Ham
Ground Beef

Fish & Seafood

Bacon
Salmon
Snapper
Tuna
Halibut
Cod
Trout
Catfish
Scallops
Crab
Clams
Oysters
Lobster
Mussels

Unsweetened

Nut Butters

Almond Butter
Macadamia Nut Butter
Coconut Butter
Peanut Butter

Flour

Coconut Flour
Almond Flour
Psyllium Husk

Fats & Oils

Butter
Cocoa Butter
Avocado Oil
Coconut Oil
Olive Oil
MCT Oil

Ghee
Lard
Bacon Fat
Tallow

Dairy

Butter
Heavy Cream
Hard Cheeses
Soft Cheeses
Sour Cream
Cottage Cheese
Greek Yoghurt
Mayo

Sweeteners

Stevia
Swerve
Erythritol
Monk Fruit
Truvia
Xylitol
Cocolate 70% or

Store Cupboard

Chicken Broth
Beef Broth
Bone Broth
Herbs
Spices
Tabasco
Salad Dressing
Cocoa Powder
Pork Rinds
Pickles
Xanthan Gum

Nuts & Seeds

Pecans
Almonds
Walnuts
Macadamias
Peanuts
Sunflower Seeds
Chai Seeds
Flaxseeds
Pumpkin Seeds

Vegetables

Artichokes
Asparagus
Broccoli
Brussel Sprouts
Cabbage
Cauliflower
Celery
Cucumber
Garlic
Green Beans
Kale
Lettuce
Mushrooms
Okra
Peppers
Pumpkin
radishes
Sauerkraut
Spinach
Tomatoes
Zucchini

Fruit

Avocados
Lemon
Lime
Coconut
Strawberries
Blackberries
Blueberries
Raspberries