

KETO FOOD LIST

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For Nutritional Values, visit:
NutritionAdventures.com/keto/keto-food-list

FATS & OILS

Almond Butter	Duck fat
Avocado	Fish oil (cod liver)
Avocado oil	Fish oil (salmon)
Beef Tallow	Ghee (clarified butter)
Butter (unsalted)	Green olives (canned or bottled)
Cashew Butter	Lard
Cocoa butter oil	Mayonnaise (Primal Kitchen)
Chicken Fat	Macadamia Nut Oil
Coconut milk (liquid expressed from grated meat and water)	Olive Oil
Coconut oil	Pastured Egg Yolks (just the yolk)
Coconut meat (my favorite!)	Turkey Fat

PROTEIN SOURCES

MEATS

Anchovies	Liver
Bacon	Mackerel
Beef	Mussel
Catfish	Pork belly
Chicken	Salmon
Duck	Sardines
Elk	Sausage
Whole Eggs	Trout
Goat	Tuna
Lamb	Venison

Grass-fed butter
Heavy whipped cream
Full-fat yogurt
Raw goat's milk
Mascarpone
Mayonnaise
Sour cream
Cottage cheese
Cheddar cheese
Parmesan cheese

DAIRY ^

LOW CARB VEGGIES

Alfalfa Sprout	Ginger
Asparagus	Green Beans
Arugula	Nori
Bok choy	Okra
Broccoli	Brussel sprouts
Cabbage	Collards
Cauliflower	Bell pepper
Chayote	Romaine
Chard	Mustard greens
Cilantro	Radishes
Cucumber	Zucchini

Almonds	Pistachios
Brazil nuts	Tahini
Baru nuts	Walnuts
Cashew nuts	Macadamia nuts
Coconut	Chia seeds
Hazelnuts	Basil seeds
Hemp hearts	Pumpkin seeds
Pecans	Sesame seeds
Pine nuts	Sunflower seeds

NUTS & SEEDS ^