

Keto Diet Food List

Fat

- coconut oil
- beef tallow
- duck fat
- olive oil
- lard
- butter
- ghee
- avocado oil
- macadamia nut oil
- MCT oil

Meat & Poultry

- beef
- pork
- goat
- elk
- ribs (pork/beef/lamb)
- roasts (pork/beef/lamb)
- pork loin, chops & steaks
- chicken
- turkey
- quail
- pheasant
- ham
- sausages
- eggs
- offal and organ meats
- deli meats
- cured meats

Seafood

- shrimp
- lobster
- tilapia
- cod
- scallops
- crab
- tuna
- albacore
- salmon
- sardines
- oysters
- squid

Dairy

- full-fat cheeses
- heavy whipping cream
- full-fat sour cream
- butter
- full-fat cream cheese

Vegetables

- asparagus
- avocado
- spaghetti squash
- pumpkin
- peppers
- mushrooms
- cucumbers
- cabbage
- green beans
- okra
- radishes
- parsnips
- Brussels sprouts
- cauliflower
- spinach
- romaine lettuce
- arugula
- broccoli
- artichoke hearts
- seaweed
- zucchini
- garlic
- onion

Fruits

- avocado
- blueberries
- raspberries
- blackberries
- strawberries
- cranberries

Sweeteners

- erythritol
- stevia
- monkfruit

Nuts & Seeds

- almonds
- hazelnuts
- macadamia nuts
- pistachios
- walnuts
- pecans
- sesame seeds
- sunflowers seeds
- pumpkin seeds
- flax seeds
- coconut
- chia seeds

Condiments

- mayonnaise
- mustard
- soy sauce
- tamari
- hot sauce
- full-fat salad dressings
- lemon & lime juice
- salsa
- chimichurri

Misc.

- cocoa powder
- almond milk
- coconut milk/cream
- almond flour
- coconut flour
- olives
- pickles
- herbs
- stock/bone broth
- pork rinds
- beef jerky
- sauerkraut
- shirataki noodles

AVOID: bread, pasta, corn, oats, potatoes, rice, sugar, maple syrup, wheat!