

KETO FRIENDLY FOODS

Vegetables

Artichoke
Arugula
Asparagus
Bok Choy
Broccoli
Brussels Sprouts
Cabbage
Carrot
Cauliflower
Celery
Cucumber
Eggplant
Endive
Garlic
Green Bean
Jalapeno
Kale
Lettuce
Mushrooms
Okra
Onion
Parsley
Peppers
Pumpkin
Radish
Snow Pea
Soy Bean
Spaghetti Squash
Spinach
Zucchini

Seafood

Anchovy
Bass
Burrbot
Carp
Caviar
Clams
Crab
Flounder
Haddock
Halibut
Herring
Lobster
Mackerel
Mussels
Oysters
Salmon
Sardines
Shrimp
Sole
Tilapia
Trout
Tuna

Poultry

Eggs
Chicken Breast
Chicken Legs
Chicken Wings
Turkey
Turkey Bacon

Meat

Bacon
Beef Hot Dogs
Bologna
Corned Beef
Filet Mignon
Ground Beef
Ham
Lamb Chops
Liverwurst
Pastrami
Pepperoni
Pork Chops
Pork Loin
Prosciutto
Ribeye
Ribs
Roast Beef
Round Steak
Sirloin Steak
Veal
Venison

Dairy

Almond Milk
Coconut Cream
Coconut Milk
Greek Yogurt
Heavy Cream
Sour Cream
Soy Milk
Whipped Cream
Unsweetened
Whole Milk

Nuts

Almonds
Brazil Nuts
Chia Seeds
Coconut
Flax Seeds
Hazelnuts
Hemp Seeds
Macadamia Nuts
Pecans
Pistachios
Pumpkin Seeds
Sesame Seeds
Sunflower Seeds
Walnuts

Fats

Almond Butter
Almond Oil
Avocado Oil
Butter
Cocoa Butter
Coconut Oil
Flax Seed Oil
Grape Seed Oil
Hemp Seed Oil
Macadamia Butter
Macadamia Oil
Mayonnaise
MCT Oil
Olive Oil
Sunflower Butter
Walnut Oil

Cheese

American Cheese
Blue Cheese
Cheddar Cheese
Cottage Cheese
Cream Cheese
Feta Cheese
Gouda Cheese
Mozzarella Cheese
Parmesan Cheese
Provolone Cheese
Ricotta Cheese
Swiss Cheese