

Ketogenic Veggies:

Artichokes	Hot Peppers
Asparagus	Iceberg Lettuce
Avocado	Leeks
Bean Sprouts	Mushrooms
Bell Peppers (green, red, yellow, orange)	Napa Cabbage
Bok Choy	Okra
Broccoli	Portabella Mushrooms
Brussel Sprouts	Radishes
Cabbage	Romaine Lettuce
Canned Artichoke Hearts	Snow Peas
Canned Asparagus	Spaghetti Squash
Canned Black Olives	Spinach
Canned Green Beans	Yellow Onions
Canned Green Olives	Yellow Squash
Canned Greens	Zucchini
Canned Mushrooms	
Canned Pickles	
Canned Sauerkraut	
Canned Spinach	
Cauliflower	
Celery	
Cucumbers	
Eggplant	
Fresh Spinach	
Green Bell Peppers	
Green Onions	
Greens	

Ketogenic Fruits:

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|---------------------|--------------------------|
| Apples | Plums |
| Apricot | Pomegranates |
| Avocado | Raspberry |
| Bananas | Rhubarb |
| Blackberries | Strawberries |
| Blueberries | Tangerines |
| Cherries | Tomatoes (all varieties) |
| Cranberries (fresh) | |
| Dates | |
| Figs | |
| Grapes | |
| Grapefruit | |
| Guava | |
| Kiwi | |
| Lemons | |
| Limes | |
| Mango | |
| Melons | |
| Nectarines | |
| Olives | |
| Oranges | |
| Papaya | |
| Passion Fruit | |
| Peaches | |
| Pears | |
| Pineapples | |

Ketogenic Dairy:

Sour Cream

Heavy Whipping Cream

Mayonnaise

Full Fat / Full Cream Greek
Yogurt

Full Fat / Full Cream Milk

Cheeses:

Blue

Brie

Cheddar

Colby

Cottage Cheese

Cream Cheese

Feta

Goat Cheese

Monterey Jack

Mozzarella

Parmesan

String Cheeses

Swiss

Ketogenic Meat:

Beef:

Hamburger

Steak

Roast Beef

Prime Rib

Baby Back Ribs

Corned Beef

All cuts (don't buy lean)

Pork:

Ham (unglazed)

Bacon

Pork Roast

Pork Chops

Tenderloin

Ground Pork

Ultimate Ketogenic Food List

Ketogenic Poultry:

Chicken:

Canned Chicken (read labels)

Chicken Thighs, Wings, Legs

Chicken Tenders & Ground

Whole Chicken

Cornish Hens

Chicken Eggs

Chicken Broth

Turkey:

Turkey Legs

Turkey Ground

Whole Turkey

Turkey Breast

Watch for nitrates:

Turkey & Chicken Deli meats

Turkey Bacon

Turkey Sausage

Duck / Goose / Pheasant /
Quail

Eggs & Meat

Ketogenic Seafood:

Anchovies

Bass

Canned Salmon & Tuna

Catfish

Cod

Crab (no imitation)

Flounder

Haddock

Halibut

Herring

Lobster

Orange Roughie

Oysters (some carbs)

Salmon

Sardines

Scallops

Shellfish (may contain carbs)

Shrimp

Sole

Tilapia

Trout

Tuna Fish

Ultimate Ketogenic Food List

Ketogenic Spices:

Real Bacon Bits

All Spice:

Cajun Spice
Capers
Chili Powder
Cinnamon
Cream of Tartar
Cumin
Dill
Garlic Powder
Garlic Salt
Horseradish
Hot Sauce
Onion Powder
Oregano
Paprika
Parsley
Pumpkin Spice
Salt
Turmeric
Pepper (does have carbs)
Ketogenic Sauces/Dressings:
Soy Sauce
Vinegar Worcestershire
Sauce
Yellow and Brown Mustard
Sugar-Free Ketchup
Sugar-Free Syrup
Blue Cheese
Ranch

Italian
Lemon Juice
Lime Juice
Low-Carb Salsa
Coconut Milk
Cashew Milk
Almond Milk
Coffee (w/heavy cream)
Unsweetened Tea
Protein Shakes

Ketogenic Liquids:

Ketogenic Cooking / Baking :

Fats & Oils:
Béarnaise Sauce
Butter
Bacon Fat
Coconut Oil
Duck Fat
Hollandaise Sauce
Mayonnaise
Olive Oil
Peanut Oil
Sesame Oil
Sunflower Oil
Cooking & Baking:
Coconut Flour
Coconut Flakes
Almond Flour / Meal
Flax Meal

Flax Seeds
Chia Seeds
Cocoa Powder
Erythritol
Stevia Drops
Xylitol
Ketogenic Sweeteners: