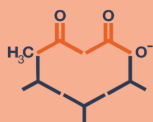




KETO DIET FOOD LIST



THE
KETO SUMMIT

KETO DIET FOOD LIST

VEGETABLES

Try to stick to green leafy vegetables and avoid too much root vegetables to keep your daily carbohydrate intake low.

Arugula (Rocket)	Endives	Romaine Lettuce
Artichokes	Fennel	Scallion
Asparagus	Garlic	Shallots
Beets (not too much)	Jicama	Seaweed (All Sea Vegetables)
Bell Peppers	Kale	Shallots
Bok Choy	Kohlrabi	Spaghetti Squash
Broccoli	Leeks	Spinach
Brussels Sprouts	Leafy Greens (All Kinds)	Swiss Chard
Butterhead Lettuce	Lettuce	Tomatoes (not too much)
Cabbage	Mushrooms (All Kinds)	Turnip Greens
Carrots (not too much)	Mustard Greens	Watercress
Cauliflower	Okra	Zucchini
Celery	Onions	
Chard	Parsley	FERMENTED
Chicory Greens	Peppers (All Kinds)	VEGETABLES
Chives	Pumpkin (not too much)	Kimchi
Cucumber	Radicchio	Sauerkraut
Dandelion Greens	Radishes	
Eggplant (Aubergine)	Rhubarb	

FRUITS

Most fruits are off limits on a ketogenic diet. Some small amounts of berries are considered ok, but watch how much you eat!

Avocado	Lemon
Blackberry	Lime
Blueberry	Raspberry
Cranberry	Strawberry
Olive	

MEATS

All cuts of the animal are good to eat, but too much protein can hamper ketosis, so watch how much you eat.

Alligator	Goose	Sheep
Bear	Horse	Snake
Beef	Kangaroo	Turkey
Bison	Lamb	Veal
Chicken	Moose	Wild Boar
Deer	Pheasant	Wild Turkey
Duck	Pork	
Elk	Quail	
Goat	Rabbit	

CURED AND PREMADE MEATS

All cuts of the animal are good to eat, but too much protein can hamper ketosis, so watch how much you eat. Also double check the ingredients to make sure there's no added sugar.

Sausages	Pepperoni	Bacon
Deli meat	Prosciutto	
Hot dogs	Salami	

ORGAN MEATS

In the United States, organ meats have fallen out of favor, but there is no other category of food that is as nutritious. Eat any of the following from pretty much any animal.

Heart	Kidney	Tongue
Liver	Bone Marrow	Tripe

GREEN BEANS + PEAS

Almost all legumes are off limits, but small amounts of green beans and peas are ok.

FATS

Fats play a huge part in the ketogenic diet (they make up the majority of your calorie intake), so make sure you're taking in plenty of healthy fats.

Avocado Oil	Palm Shortening
Ghee	Duck Fat
Coconut Oil	Butter (if you tolerate dairy)
Lard	Coconut Butter
Tallow	Cocoa Butter
Olive Oil	Walnut Oil (small amounts)
Macadamia Oil	Sesame Oil (small amounts)
Red Palm Oil	MCT Oil

FISH

Fish is highly nutritious, but buy wild-caught fish whenever possible.

Anchovies	Mahi Mahi	Tuna (including Alba-
Bass	Orange Roughy	core)
Cod	Perch	Sole
Eel	Red Snapper	Grouper
Flounder	Rockfish	Turbot
Haddock	Salmon (including	Trout
Halibut	Smoked Salmon)	Shark
Herring	Sardines	
Mackerel	Tilapia	

SHELLFISH AND OTHER SEAFOOD

Apart from organ meats, shellfish is the most nutrient-dense food you can eat. Often expensive, but worth it.

Abalone	Lobster	Scallops
Caviar	Mussels	Squid
Clams	Oysters	
Crab	Shrimp	

DRINKS

Watch out for hidden sugar in drinks!

Coconut Milk	Tea	Lemon and Lime Juice
Almond Milk	Herbal Teas	Club Soda
Cashew Milk	Water	Sparkling Mineral Water
Broth	Seltzer Water	
Coffee		

NUTS AND SEEDS

Don't go wild on these as they're easy to overeat and high in omega-6 fats. These also add to your carbohydrate intake, so watch out. Lastly, note that peanut is a legume, not a nut, and is not recommended.

Almonds	Pistachios	Walnuts
Hazelnuts	Pumpkin Seeds	Cashews
Macadamias	Psyllium Seeds	Chia Seeds
Pecans	Sesame Seeds	Various Nut Butters
Pine Nuts	Sunflower Seeds	

DAIRY

Not everyone can tolerate dairy - you should eliminate these foods for at least a month, then reintroduce them to see how they make you feel. We find raw and unpasteurized dairy to be better. Stick to full-fat dairy.

Kefir	Full-Fat Cottage Cheese	Butter (not Margarine)
Full-Fat Yogurt	Heavy Whipping Cream	Ghee
Raw Full-Fat Cheeses	Full-Fat Sour Cream	Full-Fat Cream Cheese

HERBS AND SPICES

Experiment with these herbs and spices as they'll make your food really delicious! Make sure to check the ingredients of any herb or spice blends to avoid added sugar.

Sea Salt	Cumin	Nutmeg
Black Pepper	Oregano	Cloves
White Pepper	Thyme	Allspice
Basil	Rosemary	Ginger
Italian Seasoning	Sage	Cardamom
Chili Powder	Turmeric	Paprika
Cayenne Pepper	Parsley	Dill
Curry Powder	Cilantro	
Garam Masala	Cinnamon	

OTHER

These are some foods that don't fall neatly into other categories.

Pork Rinds	Full-fat Ranch Dressing	Gelatin/Collagen
Beef Jerky	Caesar Dressing	Vanilla Extract
Pickles	Mustard	Dark Chocolate (100%)
Cod Liver Oil (Fish Oil)	Hot Sauce (check ingredients)	Stevia (small amounts if necessary)
Vinegars (check the ingredients to make sure they don't have added sugar or wheat)	Gluten Free Tamari Sauce or Coconut Aminos	Monk Fruit or Lo Han Guo Sweetener
Eggs	Fish Sauce (check ingredients)	Erythritol
Salad Dressings (check ingredients)	Cacao Nibs	Almond Flour or Almond Meal
Mayonnaise (made with good oils - see list of fats above)	Shredded Coconut	Coconut Flour
		Cacao Powder (unsweetened)