

KETOGENIC

FOODS TO ENJOY AND FOODS TO AVOID

Enjoy

- Pastured meats like beef, chicken, turkey, lamb, duck, and bison
- Bone broth and organ meats from pastured animals
- Eggs
- Wild-caught fish and shellfish
- Animal fats like tallow, butter, ghee, lard, and duck fat from pastured animals
- Tropical oils like coconut and red palm (sustainably harvested)
- Olive, MCT, Brain Octane and avocado oil (for cold applications)
- Low glycemic berries
- Vegetables: leafy greens, cruciferous, small amounts of beets and carrots.
- Herbs and spices
- Olives
- Vinegars, like apple cider, or coconut
- Fermented foods like sauerkraut, and water kefir
- Full fat dairy if tolerated
- Nut milks like almond, cashew and coconut

Avoid

- Grains (including pseudo-grains like quinoa)
- Beans and legumes
- Roots and tuber vegetables
- Fruit (except small amounts of berries)
- Dairy (unless tolerated)
- Artificial sweeteners
- Processed foods
- MSG
- Food chemicals
- Alcohol
- Trans fats
- Cereal grains
- Refined sugar
- Refined vegetable oils
- Candy/junk/processed food
- Margarine
- Diet soda