

KETOGENIC DIET

FOOD LIST

YES

MEAT & FISH

- Bacon
- Beef
- Beef Jerky
- Bison
- Chicken
- Duck
- Goat
- Lamb
- Cod
- Halibut
- Lobster
- Mackerel
- Mussels
- Oysters
- Organ Meats
- Pork
- Poultry
- Rabbit
- Steak
- Turkey
- Veal
- Plaice
- Salmon
- Sardines
- Shrimp
- Trout
- Tuna

FRUIT

- Avocado
- Berries
- Coconut
- Lime
- Lemon
- Olives
- Rhubarb

DRINKS

- Black Tea
- Bone Broth
- Coffee
- Green Tea
- Herbal Tea
- Water

FATS

- Avocado Oil
- Beef tallow
- Butter
- Cocoa Butter
- Coconut Butter
- Coconut Oil
- Duck Fat
- Ghee
- Lard
- Macadamia Oil
- MCT Oil
- Olive Oil

VEGETABLES

- Artichokes
- Asparagus
- Aubergine
- Broccoli
- Brussels
- Sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Garlic
- Green Beans
- Kale
- Kimchi
- Leeks
- Lettuce
- Mushrooms
- Okra
- Onions
- Peppers
- Pumpkin
- Radishes
- Sauerkraut
- Spinach
- Tomatoes
- Zucchini

NUTS & SEEDS

- Almonds
- Brazil Nuts
- Flaxseeds
- Hazelnuts
- Hemp Seeds
- Macadamia Nuts
- Pecans
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds
- Walnuts

DAIRY

- Butter
- Eggs
- Ghee
- Heavy Cream

FLOUR

- Almond Flour
- Coconut Flour
- Flax Meal
- Psyllium Husk

NO

FATS

- Canola Oil
- Corn Oil
- Flaxseed Oil
- Grapeseed Oil
- Hemp Oil
- Margarine
- Safflower Oil
- Soybean Oil
- Sunflower Oil
- Vegetable Oil

SWEETS & SNACKS

- Agave
- Artificial Sweeteners
- Biscuits
- Cakes
- Chocolate
- Cookies
- Crisps
- Donuts
- Dried Fruit
- Ice Cream
- Pancakes
- Pastries
- Soft Drinks
- Sweet Puddings
- Syrup

GRAINS & STARCHES

- Barley
- Beans
- Bread
- Breakfast Cereals
- Buckwheat
- Bulgur Wheat
- Chickpeas
- Corn
- Couscous
- Lentils
- Legumes
- Muesli
- Oats
- Pasta
- Pies
- Pizza
- Potatoes
- Quinoa
- Rice
- Rye
- Wheat Flour

ALCOHOL

- Alcopops
- Beer
- Cider
- Sweet Liqueurs

AVOID ALL PROCESSED FOODS AND STICK TO WHOLE NATURAL FOODS WHENEVER POSSIBLE. LIMIT CARB INTAKE TO UNDER 50G PER DAY TO KEEP YOU IN KETOSIS AND FAT BURNING MODE!

LIMIT

ALCOHOL

AVOID ALCOHOL TO STAY IN KETOSIS AND MAINTAIN HEALTHY LIVING OR CONSUME THE FOLLOWING

- Brandy
- Gin
- Red Wine
- Rum
- Tequila
- Vodka
- Whiskey
- White Wine

DAIRY

EAT FULL-FAT DAIRY WHENEVER POSSIBLE. AVOID ALL FAT-FREE & LOW FAT DAIRY PRODUCTS. ALSO CONSUME IN MODERATION TO REDUCE INFLAMMATION

- Full-Fat Cheeses
- Greek Yogurt
- Soft Cheeses
- Sour Cream

SWEETS & SNACKS

AVOID OR LIMIT SWEET FOODS INCLUDING HIGH SUGAR FRUITS & SWEETENERS TO HELP PREVENT CARB BINGE EATING

- Dark Chocolate
- Diet Soda
- Erythritol
- Honey
- Sugar-Free Jello
- Stevia

MEAT & FISH

EAT GRASS-FED MEAT & WILD CAUGHT OILY FISH TO INCREASE OMEGA 3 & REDUCE OMEGA 6 FATS. LIMIT CANNED FOODS & CURED MEATS

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