

KETO:

What Foods to Eat

Veggies

Asparagus
Avocado
Bell Peppers
Broccoli
Brussel Sprouts
Cauliflower
Cucumber
Greens (ex, Kale)
Spinach
Zucchini

Nuts & Seeds

Almonds
Brazil Nuts
Chia Seeds
Flax Seeds
Hazelnuts
Macadamia Nuts
Pecans
Walnuts

Sweeteners

Erythritol
Monk Fruit
Stevia

Protein

Bacon
Beef
Eggs
Fish
Ham
Nut Butter
Pork
Poultry
Wild Game

Dairy

Cheese (most)
Greek Yogurt
Heavy cream

Fats

Avocado
Butter
Coconut Butter
Coconut Oil
Fatty Fish
Ghee
Macadamia Oil
MCT Oil
Olive Oil

Fruits

Blackberries
Blueberries
Raspberries

Drinks

Broth
Coffee
Water