

Keto-Approved Food List

Meat:

- Beef
- Lamb
- Chicken (Breasts, Thighs, Drumsticks, Wings)
- Goose
- Duck
- Turkey
- Bacon
- Pork
- Sausage
- Hot Dogs/ Bratwursts
- Lunch meats
- Fish/Shellfish
- Canned seafood (Salmon, Sardines, Anchovies, Tuna)
- Cured meats
- Venison
- Bison
- Veal
- Organ Meats (Liver, Kidney, Spleen)

Eggs & Dairy:

- Eggs
- Sour Cream (Full-Fat)
- Plain Greek Yogurt
- Zero Sugar Yogurt (Chobani Zero Sugar, Ratio, Two Good)
- Cheese
- Heavy Cream
- Butter
- Cream Cheese
- Almond Milk (Dairy Substitute)

Fruits:

- Strawberry
- Blackberry
- Blueberry
- Raspberry
- Avocado
- Tomato
- Olives
- Lemon/ Lime

Vegetables:

- Cucumber
- Lettuce
- Spinach
- Asparagus
- Radish
- Mushroom
- Onion
- Garlic
- Fresh Herbs
- Peppers
- Eggplant
- Brussels Sprouts
- Green Beans
- Cauliflower
- Broccoli
- Zucchini
- Endive
- Celery
- Cabbage

Nuts & Seeds:

- Pecans
- Macadamia Nuts
- Almonds
- Walnuts
- Hazelnuts
- Brazil Nuts
- Cashews (in moderation)
- Sunflower Seed
- Pumpkin Seeds
- Hemp Hearts
- Flax Seed
- Nut Butters (No Sugar Added)

Fats & Oils:

- Butter
- Ghee
- Beef Tallow
- Pork Fat
- Olive Oil
- Avocado Oil
- Unrefined Coconut Oil
- Mayonnaise (Full Fat)

- Ranch Dressing (Full-Fat)
- Blue Cheese Dressing

Beverages:

- Coffee
- Tea
- Water
- Seltzer/ Carbonated Water (Unsweetened)
- Almond Milk
- Diet Soda

Snacks:

- Pork Rinds
- Beef Jerky (Zero Sugar)
- Hard Boiled Eggs
- Nuts
- Cheese with Deli Meats
- Keto Bars/ Cookies
- Almond Flour Crackers
- Pickles
- Cheese Crisps
- Keto-Approved Veggie with Ranch, Cream Cheese, or Nut Butter
- Turkey/Ham & Cheese Roll-Up
- Sugar-free Jello
- Zero-Sugar/ Low-Carb Yogurt