

Keto Food List – Loving it on Keto Approved

Eggs:

Chicken

Duck

Goose

Turkey

Quail

Pheasant

Meats:

Beef

Veal

Poultry (Chicken, duck, turkey, goose, game hens, pheasant, quail, etc.)

Pork

Lamb

Mutton

Goat

Venison

Rabbit

Elk and other wild caught meat such as Deer, Wild Goat , Sheep, Wild Boar, Moose, Caribou, Beaver etc.

Cured and Jerked Meats - *Read the label and check the carb count. Remember to always track the carbs in cured meats. Look for non Keto ingredients like hidden sugars, starches etc.

Hot Dogs (100% Meat)

Bacon

Kielbasa

Sausage

Chorizo

Salami

Ham

Pepperoni

Prosciutto

And other Cured and Jerked Meats

Organ Meats:

Liver

Kidney

Tongue

Tripe

Heart

Fish - All fish including;

Tuna

Cod

Sea Bass

Halibut

Snapper

Trout

Fresh Water Bass

Salmon

Sardines

Herring

And other fish.

NOTE: *If you are eating tinned fish make sure that you get the fish in either brine, water or olive oil. Avoid seed oils such as sunflower or canola oil which is inflammatory.

All Shell Fish – Check Carb count for Oysters and Mussels as these both contain carbs so be sure to track.

Prawns

Shrimp

Clams

Crab

Lobster

Squid

Scallops

Octopus

Mussels

Oysters

Vegetables – Try to eat “Vegetables grown above ground and avoid the starchy root vegetables. No Legumes. During the first month of Keto stick to a small leafy green salad and stick to 10 to 20 total grams or under in total carbs.

All Leafy greens – Lettuces, kale, romaine lettuce, spinach, arugula, collards, mustard greens, butter leaf lettuce etc.

Cauliflower

Broccoli

Cabbage

Celery

Leeks

Mushrooms

Cucumber

Spaghetti Squash

Chili Peppers

Radish

Chives

Green Onions (lower in carbs than white or red onions)

Green beans

*Tomato (actually a fruit)

*Avocado (actually a fruit)

And other vegetables – Always check the carb count and track.

Dairy: Be sure to log and track carb count. Hard aged Cheeses are best, and block cheese has less carbs than shredded packaged due to the anti-caking agents that are used. Watch out for hidden sugars! I would start with no more than 3 to 4 oz. of cheese per day to see if cheese effects your weight loss.

Full Fat Cheese (Cow, Goat, Sheep etc.)

Heavy Cream

Sour Cream

Cream Cheese

Fruit: After your first full month of Keto you can add in a very small amount of these fruits if you are really wanting some. Add these in slowly and in very small amounts. Be sure to track the total carbs and stop eating if your weight loss stalls or goes up.

Blackberries Strawberries Blueberries Raspberries Cranberries Lemon Lime

All Herbs and Spices including: Herbs and spices are free to use as much as you want. Make sure that you check the labels for hidden sugars and starches in the mixed pre-packaged containers!

Nuts and Seeds – Be very careful to not over eat and remember to count carbs accurately. It is very easy to over indulge and stop weight loss. Weigh these carefully and check carb count per weight before eating. Here are a few of the better choices and have lower carbs than others.

Walnuts Macadamias Pecans Brazil Nuts Almonds Pine Nuts Flax Seeds Sesame Seeds
Pumpkin seeds

Drinks - All zero calorie drinks can be freely taken however I would caution drinking soda with artificial sweeteners. The whole point of Keto is to keep your insulin levels as low as possible. The sweet taste triggers the release of insulin even though there is no sugar.

Water (Still/Sparkling)

Tea

Herbal tea

Coffee

Club Soda

Bone Broth

Bullion (read the label for hidden sugar and starches)

Unsweetened Almond Milk

Unsweetened Coconut Cream

Pure unsweetened Coconut milk

Sugar Free Soft Drinks – Use with caution and check the labels for hidden sugars. Just because these say “sugar free” doesn’t mean that they won’t spike your glucose and stall your weight loss.

Fats and Oils: All fats and oils are carb free only if they have no other “added ingredients” Try to use cold pressed oils if possible as heat can damage the omega’s.

Butter (no spreads, use real butter – Kerrygold brand is the preferred option)

Coconut oil (try to use extra virgin or cold pressed if possible)

Extra Virgin Olive oil (watch the temperature and cook on lower heat)

Avocado Oil

Ghee/Clarified Butter

Macadamia Oil

Coconut Butter

Cocoa Butter

Tallow

Duck Fat

Bacon Fat

Lard (Pork)

MCT Oil (not for cooking)

Walnut Oil (small amounts)

Pecan Oil (small amounts)

Sesame oil – don't use this to cook with as heat makes it rancid. It's only for garnishing