

KETO FRIENDLY FOOD LIST

Vegetables

- * Cabbage
- * Bell Peppers
- * Broccoli
- * Celery
- * Cauliflower
- * Lettuce
- * Kale
- * Spinach
- * Tomatoes
- * Asparagus
- * Alfalfa sprouts
- * Arugula
- * Collard greens
- * Dandelion greens
- * Endive
- * Bok Choy
- * Swiss chard
- * Watercress
- * Cucumbers
- * Artichokes
- * Bamboo shoots
- * Beets
- * Bell peppers
- * Cauliflower
- * Celery
- * Chili peppers
- * Eggplant
- * Garlic
- * Green beans
- * Mushrooms
- * Okra
- * Olives
- * Onions
- * Radishes
- * Rhubarb
- * Rutabagas
- * Sauerkraut
- * Shallot
- * Sugar snap peas
- * Summer squash
- * Turnips
- * Zucchini

Meats & Fish

- * Chicken
- * Beef
- * Pork
- * Turkey
- * Shrimp
- * Salmon
- * Tuna
- * Mackerel
- * Crab
- * Tilapia
- * Trout
- * Cod
- * Scallops
- * Clams
- * Lobster
- * Mussels
- * Oysters
- * Squid
- * Offals
- * Bacon
- * Sausage

Cheeses

- * Cheddar
- * Parmesan
- * Feta
- * Swiss
- * Brie
- * Bleu Cheese
- * Monterey Jack
- * Mozzarella
- * Cream cheese

Fruits

- * Raspberries
- * Blackberries
- * Avocados
- * Cranberries
- * Strawberries
- * Lemons
- * Limes
- * Green Olives
- * Tomatoes
- * Coconut

Sweeteners

- * Allulose
- * Monk fruit
- * Sucralose
- * Erythritol

Dairy Foods

- * Unsweetened Almond Milk
- * Coconut Cream
- * Unsweetened Coconut Milk
- * Greek Yogurt
- * Heavy Cream
- * Sour Cream (full fat)
- * Soy Milk (unsweetened)
- * Whipped Cream
- * Grass Fed Butter
- * Full fat yogurt
- * Mayonnaise
- * Eggs

Fats & Oils

- * Almond Butter
- * Avocado Oil
- * Butter
- * Cocoa Butter
- * Coconut Oil
- * Fish Oil
- * Flax Seed Oil
- * Grape Seed Oil
- * Hemp Seed Oil
- * Macadamia Oil
- * MCT Oil
- * Olive Oil
- * Walnut Oil
- * Ghee

Pantry Items

- * Almond Flour
- * Coconut Flour
- * Hazelnut flour
- * Ground flaxseed
- * Pecan flour
- * Flaxseed Meal
- * Keto Pancake Mix
- * Monkfruit Sweetener
- * Almond Meal
- * Splenda
- * Pork rinds
- * Cocoa powder (unsweetened)
- * Vanilla extract
- * Glucomannan powder
- * Psyllium husk powder
- * Gelatin
- * Heavy cream powder

Nuts & Seeds

- * Sunflower
- * Chia
- * Flaxseeds
- * Pumpkin seeds
- * Sesame seeds
- * Almonds
- * Cashews
- * Coconuts
- * Peanuts
- * Walnuts
- * Pecans
- * Brazilian nuts
- * Pistachios

Condiments

- * Guacamole
- * Balsamic vinegar
- * Blueberry sauce
- * Dressing (balsamic)
- * Hummus
- * Marinara sauce
- * Mustard (organic)
- * Tabasco sauce
- * Mayonnaise

Spices/seasoning

- * Paprika
- * Fresh Rosemary
- * Salt
- * Cilantro
- * Cinnamon
- * Lemon zest
- * Bay leaf
- * Black pepper
- * Beef bouillon cube
- * Cardamom
- * Cayenne
- * Celery seeds/dried
- * Chili powder
- * Chives
- * Curry powder
- * Dill
- * Ginger
- * Allspice
- * Basil
- * Wasabi root
- * Spearmint
- * Turmeric roots

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