

Keto Cheat Sheet Printable

Eat more of these

- Eggs
- chicken
- salmon
- bacon
- olive oil
- cucumbers
- sausages
- butter
- blueberries
- strawberries
- broccoli
- avocados
- cheese
- Almond butter
- Nuts



Avoid These

- Sweet Potato
- Sweets
- Bread
- Rice
- Beans
- Milk
- Pineapple
- Pears
- Grapes
- Apples
- Oranges
- Cookies
- Milk
- Flour

