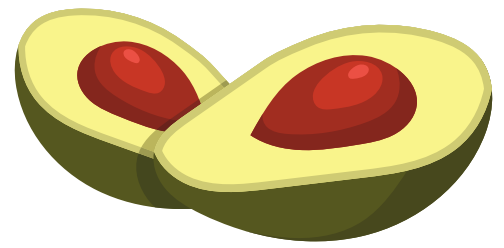




simple

KETO DIET FOOD LIST



VEGGIES:

LEAFY GREENS
AVOCADO
CELERY
RADISHES
CAULIFLOWER
BROCCOLI
ASPARAGUS
GREEN BEANS
CABBAGE

MEATS:

CHICKEN
STEAK
GROUND BEEF, CHICKEN, PORK
BACON + HAM
SHRIMP
SALMON + TUNA

DAIRY:

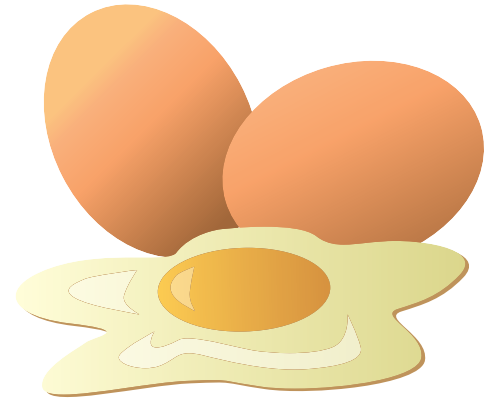
EGGS
CHEESE (ALL TYPES)
LOW-CARB/SUGAR-FREE PLAIN YOGURT
HEAVY CREAM

HEALTHY OILS + FATS:

AVOCADO OIL
OLIVE OIL
GRASS-FED BUTTER
COCONUT OIL
GHEE

FRUITS:

STRAWBERRIES
RASPBERRIES
BLACKBERRIES
LEMONS + LIMES



DRINKS:

COFFEE (BLACK OR +HEAVY CREAM)
COCONUT MILK
ALMOND MILK
TEA (NO SUGAR)
LOW-CARB PROTEIN DRINKS
ZERO CARB BCAAS

FOODS TO AVOID:

RICE
PASTA
PROCESSED FOODS + CARBS
ANY FOODS + DRINKS WITH SUGAR
PIZZA + BREAD
BEANS + LEGUMES
VEGETABLE OILS
ALL FRUITS EXCEPT LOW-CARB

