

KETO



DIET

CREATED BY THE KETO SUMMIT

FOOD



LOW CARB VEGETABLES
HEALTHY FATS
GOOD MEATS
SEAFOOD/FISH

WHAT TO EAT
WHAT TO AVOID
WHAT TO GET MORE OF

LIST.



EASY TO PRINT
TAKE WITH YOU SHOPPING

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VEGETABLES

Try to stick to green leafy vegetables and avoid root vegetables to keep your daily carbohydrate intake low.

Arugula (Rocket)	Garlic	Scallion
Artichokes	Jicama	Seaweed (All Sea Vegetables)
Asparagus	Kale	Shallots
Bok Choy	Kohlrabi	Spaghetti Squash
Broccoli	Leeks	Spinach
Brussels Sprouts	Leafy Greens (Various Kinds)	Swiss Chard
Butterhead Lettuce	Mushrooms (All Kinds)	Tomatoes
Cabbage	Mustard Greens	Turnip Greens
Carrots	Okra	Watercress
Cauliflower	Olive	Zucchini
Celery	Onions	
Chard	Parsley	FERMENTED
Chicory Greens	Peppers (All Kinds)	VEGETABLES
Chives	Pumpkin	Kimchi
Cucumber	Radicchio	Sauerkraut
Dandelion Greens	Radishes	
Eggplant (Aubergine)	Rhubarb	
Endives	Romaine Lettuce	
Fennel		

** Almost all legumes are off limits, but small amounts of green beans and peas are ok. **

FRUITS

Most fruits are off limits on a ketogenic diet. Some small amounts of berries are considered ok, but watch how much you eat!

Avocado	Cranberry	Raspberry
Blackberry	Lemon	Strawberry
Blueberry	Lime	Olives

MEATS

All cuts of the animal are good to eat, but try to go for the fattier cuts (and include the skin on chicken if possible). If you want to purchase grass-fed beef and other high quality meats delivered frozen to your house, then check out [ButcherBox](#) and [US Wellness Meats](#).

Beef
Bison
Chicken
Deer
Duck
Elk
Goat
Goose
Lamb
Pheasant

Pork
Quail
Rabbit
Reindeer
Sheep
Turkey
Veal
Wild Boar
Wild Turkey

ORGAN MEATS

In the United States, organ meats have fallen out of favor, but there is no other category of food that is as nutritious. Eat any of the following from pretty much any animal.

Heart
Liver
Kidney
Bone Marrow
Tongue
Tripe

CURED AND PREMADE MEATS

Make sure to check the ingredients.

Sausages
Deli meat
Hot dogs
Pepperoni
Prosciutto
Salami
Bacon

FISH

Fish is highly nutritious, but buy wild-caught fish whenever possible. You can buy this fresh or frozen or even canned (choose fish canned in water or olive oil).

Anchovies	Perch
Bass	Red Snapper
Cod	Rockfish
Eel	Salmon (including Smoked Salmon)
Flounder	Sardines
Haddock	Tilapia
Halibut	Tuna (including Albacore)
Herring	Sole
Mackerel	Grouper
Mahi Mahi	Turbot
Mackerel	Trout
Orange Roughy	Shark

SHELLFISH AND OTHER SEAFOOD

Apart from organ meats, shellfish is the most nutrient-dense food you can eat. Often expensive, but worth it.

Abalone	Mussels
Caviar	Oysters
Clams	Shrimp
Crab	Scallops
Lobster	Squid

HERBS AND SPICES

Experiment with these herbs and spices as they'll make your food really delicious! Make sure to check the ingredients of any herb or spice blends to avoid added sugar or MSG.

Sea Salt

Black Pepper

White Pepper

Basil

Italian Seasoning

Chili Powder

Cayenne Pepper

Curry Powder

Garlic Powder

Garam Masala

Cumin

Oregano

Thyme

Rosemary

Sage

Turmeric

Parsley

Cilantro

Cinnamon

Nutmeg

Cloves

Allspice

Ginger

Cardamom

Paprika

Dill

Garlic Salt

Onion Powder

Saffron

Coriander

Chinese 5 spice blend

Zaatar spice blend

Baharat spice blend

FATS

Fats play a huge part in the ketogenic diet (they make up the majority of your calorie intake), so make sure you're taking in plenty of healthy fats.

Avocado Oil
Ghee
Coconut Oil
Lard
Tallow
Olive Oil
Macadamia Oil
Red Palm Oil

Palm Shortening
Duck Fat
Coconut Butter
Cocoa Butter
Walnut Oil (small amounts)
Sesame Oil (small amounts)
MCT Oil

NUTS AND SEEDS

Don't go wild on these as they're easy to overeat and high in omega-6 fats. These also add to your carbohydrate intake, so watch out. Lastly, note that peanut is a legume, not a nut, and is not recommended.

Almonds
Hazelnuts
Macadamias
Pecans
Pine Nuts
Pistachios
Pumpkin Seeds
Flax Seeds

Psyllium Seeds
Hemp Seeds
Sesame Seeds
Sunflower Seeds
Walnuts
Cashews
Chia Seeds
Various Nut Butters
Various Nut and Seed Meals/Flours
(Note that flaxseed meal goes rancid quickly so best to make your own from flaxseed when needed)

DRINKS

Watch out for hidden sugar in drinks!

Coconut Milk

Almond Milk

Cashew Milk

Broth

Coffee

Tea

Herbal Teas

Water

Seltzer Water

Lemon and Lime Juice (small amounts)

Club Soda

Sparkling Mineral Water

DAIRY

Not everyone can tolerate dairy - you should eliminate dairy except for ghee to reduce your inflammation. Many people consider full-fat cheese, yogurt, and cream to be ketogenic. And while these foods may be low carb, they can be easy to overeat (in great excess) as well as cause inflammation and digestive issues for many people.

Ghee

OTHER

These are some foods that don't fall neatly into other categories. For items that come pre-package, always remember to check the ingredients!

Mayonnaise (made with good oils from the fats section)
Pork Rinds
Beef Jerky
Pickles
Cod Liver Oil (Fish Oil)
Vinegars (check the ingredients to make sure they don't have added sugar or wheat)
Eggs
Shredded Coconut (unsweetened)
Mustard
Hot Sauce (check ingredients)

Gluten Free Tamari Sauce or Coconut Aminos
Fish Sauce
Cacao Nibs
Gelatin and Collagen (as a powder or from bone broth)
Vanilla Extract
Dark Chocolate (100%)
Stevia (small amounts if necessary)
Monk Fruit or Lo Han Guo
Sweetener
Almond Flour or Almond Meal
Coconut Flour
Cacao Powder (unsweetened)

SALAD DRESSINGS

Only ones made with good oils.

Full-fat Ranch
Caesar
Italian

Make Keto Easy With Our
KETO MEAL PLANS

Stop counting carbs...
Stop worrying if it's Keto...
Stop wondering *what's for dinner...*

Let us do all the hard work for you so
you can just enjoy the benefits of Keto.

Check out our Keto Meal Plans at

<http://mealplan.club/keto-meal-plans>

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