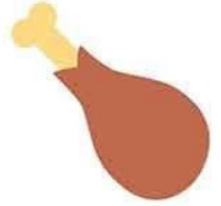


KETO DIET Food List

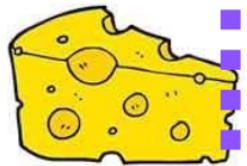
PROTEIN

Chicken	Bacon	Lamb	Turkey
Steak	Fish	Burgers	Eggs
Pork	Shellfish	Sausages	Tofu



DAIRY

Cream	Cheese- cheddar, parmesan, swiss, colby, mozzarella, blue, havarti, etc.		
Sour Cream			
1/2 N 1/2	Yogurt (full-fat)	Butter	Cream cheese



VEGGIES

Celery	Bell Peppers	Mushrooms	Arugula
Spinach	Broccoli	Cabbage	Green Beans
Radishes	Cauliflower	Eggplant	Asparagus



FRUITS

Strawberries	Lemons	Tomatoes	Apricot
Blackberries	Limes	Watermelon	Cantaloupe
Raspberries	Avocado	Coconut	**eat fruit sparingly



NUTS

Macadamia	Walnuts	Almonds	Chia Seeds
Brazil	Hazelnuts	Pine Nuts	Sunflower Seeds
Pecans	Flax Seeds	Peanuts	Pistachios



FATS

Dairy	Nuts
Oils	High Fat Meat
Avocado	Lard Nuts

PANTRY

Stevia	Almond Flour
Monkfruit	Coconut Flour
Erythritol	Protein Powder