

# KETO DIET

## FOOD LIST

### HEALTHY FATS, OILS, AND NON-STARCHY VEGETABLES 75% OF YOUR DIET \*

#### VEGETABLES

- Leafy greens
- Bok choy
- Cucumber
- Celery
- Eggplant
- Tomatoes
- Peppers
- Lettuce
- Brussels sprouts
- Zucchini
- Fennel
- Chives
- Kale
- Endive
- Radicchio
- Mushrooms
- Onion
- Garlic
- Celery
- Fresh herbs (mint, parsley, chives, basil, rosemary, cilantro)
- Root vegetables\* (butternut squash, yams, carrots, turnips, spaghetti squash, pumpkin, sweet potato)

\* Very small amounts of root vegetables are allowed, but be careful not to consume more than your 5% carb allowance to stay in ketosis

#### ANIMAL FATS

- Lard
- Ghee
- Tallow
- Grassfed butter
- Organ meats (liver, bone marrow, tongue)
- Fish (wild caught preferred to avoid toxins and PCBs): salmon, tuna, mackerel, cod, eel sole, trout, halibut, snapper
- Shellfish (crab, lobster, prawns, shrimp, squid, scallops)
- Egg yolks
- If you include dairy in your diet, stick to organic dairy products in smaller amounts, such as cheese, cream and greek yogurt.

#### NUTS AND SEEDS

- Pecans
- Walnuts
- Cashews
- Pine nuts
- Hazelnuts
- Pistachios
- Chia seeds
- Hemp seeds
- Sesame seeds
- Sunflower seeds

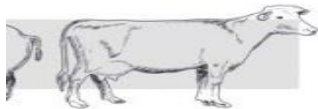
- Sugar-free Nut and seed butter (excluding peanut butter)
- Flax oil
- Walnut Oil
- Macadamia Oil

#### COOKING OILS

- Olive oil
- Avocado oil
- Unrefined coconut oil

#### OTHER

- 100% Dark Organic Chocolate
- Raw cacao powder
- Spirulina
- Chlorella
- Maca root
- Unsweetened nut milk (cashew milk, almond milk, hemp milk, hazelnut milk, coconut milk)
- Seltzer or mineral water
- Herbal tea and coffee (as long as no sugar is added)
- Almond flour
- Coconut flour
- Fish oil supplements
- MCT oil
- Brain Octane oil
- Collagen & Gelatin supplements



#### ANIMAL PROTEIN

- Chicken
- Turkey
- Wild game
- Duck
- Beef
- Pork

### PROTEINS 20% OF YOUR DIET

#### ORGANIC FULL FAT DAIRY PRODUCTS

- If you include dairy in your diet, stick to organic dairy products in smaller amounts, such as cheese, cream and greek yogurt.



#### BONE BROTH

- Kettle & Fire Beef Bone Broth: 6g protein, 2g carbs, 0g fat
- Kettle & Fire Chicken Bone Broth: 10g protein, 0g carbs, 1g fat



#### BERRIES

- Raspberries
- Blueberries
- Blackberries
- Strawberries

### CARBOHYDRATES 5% OF YOUR DIET

#### FRUIT

- Citrus: lemon & lime
- Berries, apples, and pears are low sugar fruits that can be eaten in very small amounts



#### LEGUMES

- Green peas and beans are low in starch, so they're the only legumes allowed



### FOODS TO AVOID 0% OF YOUR DIET

- Grains
- Refined sugar
- Alcohol
- Soda
- Beans and legumes (chickpeas, lentils, kidney beans)
- Low-fat dairy products (which are higher in carbs)

- Peanut butter (which is a legume, not a nut)
- Sugar alcohols (xylitol, maltitol, and sorbitol that is found in chewing gum)
- Refined vegetable oils (canola, peanut, sunflower) Although vegetable oils are fats, they're heavily processed with chemicals and deodorizers, which makes them far from a health food

\* Note: these percentages are based on the Standard Ketogenic Diet (SKD)

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### HEALTHY FATS, OILS, AND NON-STARCHY VEGETABLES

75% OF YOUR DIET \*

#### VEGETABLES

##### ANIMAL FATS

• Sugar-free Nut and seed butter (excluding peanut butter) • Flax oil • Walnut Oil • Macadamia Oil  
• Lard . Ghee • Tallow • Grassfed butter • Organ meats (liver, bone marrow, tongue) • Fish (wild caught preferred to avoid toxins and PCBs): salmon, tuna, mackerel. cod, eel sole, trout, halibut, snapper • Shellfish (crab, lobster, prawns, shrimp, squid, scallops) • Egg yolks . If you include dairy in your diet, stick to organic dairy products in smaller amounts, such as cheese, cream and greek yogurt.

COOKING OILS • Olive oil • Avocado oil • Unrefined coconut oil

• Leafy greens • Bok choy • Cucumber . Celery • Eggplant • Tomatoes • Peppers • Lettuce • Brussels sprouts • Zucchini • Fennel • Chives • Kale • Endive • Radicchio • Mushrooms • Onion • Garlic . Celery • Fresh herbs (mint, parsley, chives, basil, rosemary, cilantro) • Root vegetables (butternut squash, yams, carrots, turnips, spaghetti squash, pumpkin, sweet potato)

#### OTHER

##### NUTS AND SEEDS

• Pecans • Walnuts • Cashews • Pine nuts • Hazelnuts • Pistachios . Chia seeds • Hemp seeds •

Sesame seeds . Sunflower seeds

• 100% Dark Organic

Chocolate • Raw cacao powder • Spirulina • Chlorella • Maca root • Unsweetened nut milk

(cashew milk, almond milk, hemp milk, hazelnut milk,

coconut milk) • Seltzer or mineral water • Herbal tea and coffee (as

long as no sugar is added) • Almond flour • Coconut flour • Fish oil supplements •

MCT oil . Brain Octane oil . Collagen & Gelatin

supplements

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## **PROTEINS 20% OF YOUR DIET**

### **ANIMAL PROTEIN**

### **ORGANIC FULL FAT DAIRY PRODUCTS**

#### **BONE BROTH**

• Chicken • Turkey • Wild game • Duck • Beef • Pork

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diet, stick to organic dairy products in smaller amounts, such as cheese, cream and greek yogurt.

• Kettle & Fire Beef Bone

Broth: 6g protein, 2g carbs, 0g fat • Kettle & Fire Chicken Bone Broth: 10g protein, 0g carbs, 1g fat

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## **CARBOHYDRATES 5% OF YOUR DIET**

### **BERRIES**

• Raspberries • Blueberries • Blackberries . Strawberries

FRUIT • Citrus: lemon & lime • Berries, apples, and pears

are low sugar fruits that can be eaten in very small amounts

LEGUMES • Green peas and beans are low in starch, so they're the only legumes allowed

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## Kettle & Fire