


Keto Diet








FOODS TO EAT

-  **Eggs, Chicken & Turkey**
-  **Fatty Fish** [Like *Herring & Mackerel*]
-  **Meat** [Like *Grass-Fed Beef & Pork*]
-  **Full-Fat Dairy** [Like *Yogurt & Butter*]
-  **Nuts & Seeds** [Like *Almonds*]
-  **Healthy Fats** [Like *Coconut & Olive oil*]
-  **Non-Starchy Vegetables** [Like *Greens, Broccoli & Mushrooms*]



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FOODS TO AVOID

-  **Sweets & Sugary Foods**
-  **Sweetened Beverages**
-  **Bread & Baked Goods**
-  **Starchy Vegetables [Like *Potatoes*]**
-  **Beans & Legumes**
-  **Fruit [Like *Citrus, Grapes & Bananas*]**
-  **Pasta [Like *Spaghetti & Noodles*]**



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KETO-FRIENDLY SNACKS

-  Coconut chips & Kale chips
-  Cheese Roll-ups
-  Almonds & Cheddar Cheese
-  Guacamole with Low-Carb Veggies
-  Berries with Heavy Whipping Cream
-  Hard-boiled Eggs
-  Celery & Peppers with Herbed Cream Cheese dip

