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# KETO FOOD LIST

# X - GAINS

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### FATS

Avocado Oil

Ghee

Coconut Oil

Lard

Tallow

Olive Oil

Macadamia Oil

Red Palm Oil

Palm Shortening

Duck Fat

Butter (if you tolerate dairy)

Coconut Butter

Cocoa Butter

Walnut Oil (small amounts)

Sesame Oil (small amounts)

MCT Oil

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### MEATS

Beef  
Bison  
Chicken  
Duck  
Goat  
Goose  
Lamb  
Pheasant  
Pork  
Quail  
Rabbit  
Sheep  
Turkey  
Veal

### **CURED AND PREMADE MEATS (check ingredients)**

Sausages  
Deli meat  
Hot dogs  
Pepperoni  
Prosciutto  
Salami  
Bacon

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### FISH

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

### SHELL FISH

Abalone  
Caviar  
Clams  
Crab  
Lobster  
Mussels  
Oysters  
Shrimp  
Scallops  
Squid

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### VEGETABLES

Arugula	Okra
Artichokes	Onions
Asparagus	Parsley
Bell Peppers	Peppers
Bok Choy	Pumpkin
Broccoli	Radicchio
Brussels Sprouts	Radishes
Butter Lettuce	Rhubarb
Cabbage	Romaine Lettuce
Carrots	Scallion
Cauliflower	Shallots
Celery	Seaweed
Chard	Spaghetti Squash
Chicory Greens	Spinach
Chives	Swiss Chard
Cucumber	Tomatoes
Dandelion Greens	Turnip Greens
Eggplant	Watercress
Endives	Zucchini
Fennel	
Garlic	<b>FERMENTED VEGETABLES</b>
Jicama	Kimchi
Kale	Sauerkraut
Kohlrabi	
Leeks	<b>LEGUMES</b>
Leafy Greens	Green Beans
Lettuce	Snap Peas
Mushrooms	
Mustard Greens	

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### DAIRY

Kefir  
Full-Fat Yogurt  
Raw Full-Fat Cheeses  
Full Fat Cottage Cheese  
Heavy Whipping Cream  
Full-Fat Sour Cream  
Butter (not Margarine)  
Ghee  
Full-Fat Cream Cheese

### DRINKS

Almond Milk  
Cashew Milk  
Broth (or bouillon)  
Coffee  
Tea  
Herbal Teas  
Water  
Seltzer Water  
Lemon and Lime Juice  
Club Soda  
Sparkling Mineral Water

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### HERBS + SPICES

Sea Salt	Parsley
Black Pepper	Cilantro
White Pepper	Cinnamon
Basil	Sage
Italian Seasoning	Turmeric
Chili Powder	Parsley
Cayenne Pepper	Cilantro
Curry Powder	Cinnamon
Garam Masala	Nutmeg
Cumin	Cloves
Oregano	Allspice
Thyme	Ginger
Rosemary	Cardamom
Sage	Paprika
Dill	
Turmeric	

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### OTHER

#### SALAD DRESSINGS\*

full-fat Ranch  
Caesar  
Bleu Cheese  
Italian  
Oil + Vinegar

#### PROTEINS

Eggs  
Pork Rinds  
Beef Jerky\*

#### FATS

Cod Liver Oil (Fish Oil)  
Shredded Coconut

#### CONDIMENTS

Pickles  
Mayonnaise\*  
Mustard  
Vinegars\*  
Hot Sauce\*  
Gluten Free Tamari Sauce or Coconut  
Aminos  
Stevia  
Fish Sauce\*  
Cacao Gelatin  
Vanilla Extract  
Dark Chocolate (100%)  
Stevia

#### BAKING NEEDS

Almond Flour or Almond Meal  
Coconut Flour  
Cacao Powder (unsweetened)

\*Check ingredients - make sure there is no added sugar or wheat and avoid trans fats and/or processed vegetable oils