

What Should I Eat?

Below is a list (by no means all-inclusive) of all the different foods we can eat within a ketogenic lifestyle.

<p>MEAT</p> <p>Choose Grass-Fed, Organic, Hormone/Antibiotic Free & Free Range when possible.</p> <ul style="list-style-type: none">• Bacon• Beef• Chicken• Duck• Lamb• Organ meats• Pork• Turkey• Sausage (check labels: choose low-carb and avoid fillers such as gluten, sugar, etc.)• Cured Meats (choose meats cured with least amount of sugar & without strange chemicals you do not recognize)• Eggs	<p>FISH</p> <p>Choose Wild Caught</p> <ul style="list-style-type: none">• Anchovies• Catfish• Cod• Crab• Flounder• Haddock• Halibut• Lobster• Mackerel• Mahi Mahi• Oysters• Salmon• Sardines• Scallops• Shrimp• Squid• Tuna	<p>FRUIT</p> <ul style="list-style-type: none">• Avocado• Berries• Coconut (unsweetened)• Lemons• Limes <p>NUTS/SEEDS</p> <ul style="list-style-type: none">• Almonds• Brazil Nuts• Hazelnuts• Macadamia Nuts• Peanuts (in moderation)• Pecans• Pili Nuts (Best Keto nut!)• Pine Nuts• Walnuts• Chia Seeds• Flax Seeds• Pumpkin Seeds• Sunflower Seeds	<p>FATS/OILS</p> <ul style="list-style-type: none">• Avocado Oil• Beef Tallow• Butter• Coconut Oil• Butter• Duck Fat• Ghee• Macadamia Nut Oil• Mayonnaise (made with Avocado oil or homemade)• MCT Oil/Powder• Olive Oil	<p>VEGGIES</p> <ul style="list-style-type: none">• Artichokes• Asparagus• Broccoli• Brussel Sprouts• Cabbage• Cauliflower• Celery• Cucumber• Green beans• Kale• Kimchi• Mushrooms• Olives• Onions• Peppers• Pickles• Radishes• Romaine• Sauerkraut• Spinach• Squash• Tomatoes• Zucchini	<p>DAIRY</p> <ul style="list-style-type: none">• High Quality Cheeses• Heavy Cream• Sour Cream• Cream Cheese• Plain Greek• Yogurt/Kefir <p>LIQUIDS</p> <ul style="list-style-type: none">• Water• Coffee• Nut Milks (unsweetened)• Coconut Milk/Cream (unsweetened)• Sparkling
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