



FOODS TO EAT ON KETO

To help get you started, we've put together a ketogenic diet food list just for you! All these items fit perfectly within the 5% carbohydrate guidelines most keto dieters adhere to, as well as low-carbers following older Atkins plans (think 1972).

MEAT

- Steaks
- Corned beef
- Lamb chops
- Hamburger
- Bacon
- Pork

Watch meat with fillers like hot dogs, sausage, meatballs, or cold cuts.

VEGETABLES

- Cauliflower
- Celery
- Chicory
- Chinese Cabbage
- Chives
- Cucumber
- Endive
- Escarole
- Fennel
- Lettuce
- Olives (green or black)
- Pickles (sour or dill)
- Parsley
- Peppers
- Radishes
- Scallions
- Tomatoes
- Watercress

FRUIT

- Avocado
- Berries
- Lemon
- Lime

FISH & SEAFOOD

All fish, including:

- Canned salmon
- Tuna
- Oil-packed and smoked

Watch for hidden carbs in oysters, shrimp, mussels, clams, scallops, and pickled fish.

FATS

- Butter
- Ghee
- Margarine
- Oils (coconut, olive, etc.)
- Bacon Fat
- Lard
- Mayonnaise
- Heavy cream, up to 4 teaspoons per day*

*Opt for cream over milk as heavy cream has fewer carbohydrates.

SNACKS

- Cheese sticks
- Beef jerky
- Cheese crisps
- Almonds, macadamia nuts, and other low-carb nuts
- Seeds such as pumpkin and sunflower

FOWL

- Duckling
- Turkey
- Chicken
- Anything with wings
- No stuffing

You can also eat the **eggs** that come from these animals in any prepared fashion.

CONDIMENTS

- Salt
- Pepper
- Mustard
- Horseradish
- Vinegar
- Vanilla and other extracts
- Artificial sweeteners
- Any dry powdered spice that contains no sugar (like unsweetened cocoa)
- Salad dressings with vinegar, oil, salt, dry spices, herbs, or grated cheese.

DRINKS

- Water (including mineral water)
- Vichy
- Club soda and seltzer water
- Sugar-free diet soda
- Broth (beef, chicken, bone, etc.)
- Coffee (caffeinated and decaf)
- Tea
- Low-carb alcoholic beverages

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