



# FOODS TO EAT ON KETO

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

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## MEAT

- ▶ Beef / Hamburger / Steak
- ▶ Lamb Chops
- ▶ Pepperoni
- ▶ Bacon
- ▶ Pork

\* Watch for meat w/ fillers like hot dogs, sausage, meatballs or cold cuts.

## 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.

## POULTRY

- ▶ Duck
- ▶ Turkey
- ▶ Chicken
- ▶ Anything with wings
- ▶ No stuffing

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

## VEGETABLES

- ▶ Artichokes
- ▶ Asparagus
- ▶ Bok Choy
- ▶ Broccoli
- ▶ Brussels Sprouts
- ▶ Cabbage
- ▶ Cauliflower
- ▶ Celery
- ▶ Chicory
- ▶ Chinese Cabbage
- ▶ Chives
- ▶ Cucumber
- ▶ Eggplant
- ▶ Endive
- ▶ Escarole
- ▶ Fennel
- ▶ Green Beans
- ▶ Jicama
- ▶ Kale
- ▶ Lettuce
- ▶ Mushrooms
- ▶ Olives (green or black)
- ▶ Peppers
- ▶ Pickles
- ▶ Parsley
- ▶ Peppers
- ▶ Radishes
- ▶ Scallions
- ▶ Spaghetti Squash
- ▶ Spinach
- ▶ Swiss Chard
- ▶ Tomatoes
- ▶ Watercress
- ▶ Zucchini

## FRUIT

- ▶ Avocado
- ▶ Berries
- ▶ Coconut
- ▶ Lemon
- ▶ Lime

## FATS

- ▶ Bacon Fat
- ▶ Grass-Fed Butter
- ▶ Cheese
- ▶ Eggs
- ▶ Almond Milk
- ▶ Cream Cheese
- ▶ Ghee
- ▶ Heavy Cream
- ▶ Oils - Coconut, Avocado, Olive
- ▶ Lard

## CONDIMENTS

- ▶ Coconut Aminos
- ▶ Horseradish
- ▶ Hot Sauce
- ▶ Mayonnaise
- ▶ Mustard
- ▶ Pepper
- ▶ Unsweetened Ketchup
- ▶ Salad dressings w/ vinegar, oil, salt, dry spices, herbs or cheese
- ▶ Apple Cider Vinegar
- ▶ Salt
- ▶ Sugar Free Steak Sauce
- ▶ Sugar Free BBQ Sauce
- ▶ Vinegar
- ▶ Vanilla & other extracts
- ▶ Salsa
- ▶ Any dry powdered seasoning or spice that contains no sugar

## DRINKS

- ▶ Broth (beef, chicken, bone, etc.)
- ▶ Club Soda & Seltzer Water
- ▶ Coffee (caffeinated & decaf)
- ▶ Low-carb alcoholic beverages
- ▶ Sugar Free or Diet Soda
- ▶ Tea
- ▶ Vichy
- ▶ Water (including mineral & sparkling)

## SNACKS

- ▶ Almonds, Macadamia Nuts, and other low carb nuts
- ▶ Beef Jerky (avoid types w/ added sugars)
- ▶ Pork Rinds
- ▶ Pickles
- ▶ Cheese sticks
- ▶ Cheese crisps
- ▶ Pumpkin & Sunflower Seeds

## BAKING SUPPLIES

- ▶ Xanthan Gum

- ▶ Unsweetened Chocolate Chips
- ▶ Almond, Coconut or Lupin Flour
- ▶ Alternative Sweeteners - Monk Fruit, Stevia, Allulose, Chicory Root, Erythritol, Xylitol

- ▶ Bouillon
- ▶ Unsweetened Cocoa
- ▶ Sugar Free Syrups