



Ultimate Keto Food List

Keto Veggies:

Artichokes	Cucumbers
Asparagus	Eggplant
Avocado	Fresh Spinach
Bean Sprouts	Green Bell Peppers
Bell Peppers (green, red, yellow, orange)	Green Onions
Bok Choy	Greens
Broccoli	Hot Peppers
Brussel Sprouts	Iceberg Lettuce
Cabbage	Leeks
Canned Artichoke Hearts	Mushrooms
Canned Asparagus	Napa Cabbage
Canned Black Olives	Okra
Canned Green Beans	Portabella Mushrooms
Canned Green Olives	Radishes
Canned Greens	Romaine Lettuce
Canned Mushrooms	Snow Peas
Canned Pickles	Spaghetti Squash
Canned Sauerkraut	Spinach
Canned Spinach	Yellow Onions
Cauliflower	Yellow Squash
Celery	Zucchini



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Keto Fruits:

Apples	Mango
Apricot	Melons
Avocado	Nectarines
Bananas	Olives
Blackberries	Oranges
Blueberries	Papaya
Cherries	Passion Fruit
Cranberries (fresh)	Peaches
Dates	Pears
Figs	Pineapples
Grapes	Plums
Grapefruit	Pomegranates
Guava	Raspberry
Kiwi	Rhubarb
Lemons	Strawberries
Limes	Tangerines
	Tomatoes (all varieties)



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Keto Dairy:

Sour Cream
Heavy Whipping Cream
Mayonnaise
Full Fat / Full Cream Greek Yogurt
Full Fat / Full Cream Milk

Cheeses:

Blue
Brie
Cheddar
Colby
Cottage Cheese
Cream Cheese
Feta
Goat Cheese
Monterey Jack
Mozzarella
Parmesan
String Cheeses
Swiss

Keto Meat:

Beef:

Hamburger
Steak
Roast Beef
Prime Rib
Baby Back Ribs
Corned Beef
All cuts (don't buy lean)

Pork:

Ham (unglazed)
Bacon
Pork Roast
Pork Chops
Tenderloin
Ground Pork



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Keto Poultry:

Chicken:

Canned Chicken (read labels)
Chicken Thighs, Wings, Legs
Chicken Tenders & Ground
Whole Chicken
Cornish Hens
Chicken Eggs
Chicken Broth

Turkey:

Turkey Legs
Turkey Ground
Whole Turkey
Turkey Breast

Watch for nitrates:

Turkey & Chicken Deli meats
Turkey Bacon
Turkey Sausage

Duck / Goose / Pheasant / Quail

Eggs & Meat

Keto Seafood:

Anchovies
Bass
Canned Salmon & Tuna
Catfish
Cod
Crab (no imitation)
Flounder
Haddock
Halibut
Herring
Lobster
Orange Roughy
Oysters (some carbs)
Salmon
Sardines
Scallops
Shellfish (may contain carbs)
Shrimp
Sole
Tilapia
Trout
Tuna Fish



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Keto Spices:

Real Bacon Bits
All Spice
Cajun Spice
Capers
Chili Powder
Cinnamon
Cream of Tartar
Cummin
Dill
Garlic Powder
Garlic Salt
Horseradish
Hot Sauce
Onion Powder
Oregano
Paprika
Parsley
Pumpkin Spice
Salt
Turmeric
Pepper (does have carbs)

Keto Sauces/Dressings:

Soy Sauce
Vinegar
Worcestershire Sauce
Yellow and Brown Mustard
Sugar-Free Ketchup
Sugar-Free Syrup
Blue Cheese
Ranch
Italian
Lemon Juice
Lime Juice
Low-Carb Salsa

Keto Liquids:

Coconut Milk
Cashew Milk
Almond Milk
Coffee (w/heavy cream)
Unsweetened Tea
Protein Shakes



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Keto Cooking / Baking :

Fats & Oils:

Bernaise Sauce

Butter

Bacon Fat

Coconut Oil

Duck Fat

Hollandaise Sauce

Mayonnaise

Olive Oil

Peanut Oil

Sesame Oil

Sunflower Oil

Cooking & Baking:

Coconut Flour

Coconut Flakes

Almond Flour / Meal

Flax Meal

Flax Seeds

Chia Seeds

Cocoa Powder

Keto Sweeteners:

Erythritol

Stevia Drops

Xylitol