



# 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



# Ultimate Keto Food List

## 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)



# Ultimate Keto Food List

## 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



# Ultimate Keto Food List

## 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



# Ultimate Keto Food List

## 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



# Ultimate Keto Food List

## 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