

EASY KETO FOOD LIST

Caroline Carpenter

MEATS

Beef: Hamburger, Steak, Cubed Steak, Steak Strips, Meatballs, etc

Pork: Pork Chops, Pork Roasts, Pork Steaks, Bacon, Pork Patties, etc

Lamb, Veal, etc.

Sausage, Links, Patties, Kielbasa, etc. Just watch the brand and carb count, many have 0-1 but others have a LOT. I try to stay with a more natural sausage like Nettles Brand personally if I am doing a smoked sausage or hot sausage

Hot Dogs

Deli Sliced Meats all kinds (again watch carb count and nothing SWEET or HONEY etc)

POULTRY:

Chicken, Turkey etc, all poultry allowed – Chicken Wings are one of my favorites (no breading)

EGGS

Unlimited amount of eggs allowed, Fried, Scrambled, Deviled, etc

SEAFOOD:

Tuna, Salmon, Catfish, Bass, Trout, Cod, etc

Shrimp, Lobster, Scallops, Crab

SALAD GREENS:

I have read that quantity doesn't matter but I stay around 2 cups personally

Lettuce (all varieties), Kale, Greens (collards, mustard, turnip, etc), Cabbage, Spinach, Radicchio, Arugula, etc

VEGETABLES ALLOWED:

Artichokes

Asparagus

Avacado *High in Good Fats!

Broccoli

Brussels Sprouts

Cauliflower

Celery

Chayote

Cucumber

Edamame Beans

Eggplant

Green Beans (don't go overboard and they should be string beans)

Mushrooms

Olives (Black or Green) – I love them stuffed with cheese or some other concoction as a snack

*Olives are High in Good Fats too!

Peppers

Pumpkin

Snow peas

Sprouts

Tomatoes

Turnip

Yellow Squash

Zucchini

DAIRY

Cream Cheese from the block

Sour Cream

Heavy Whipping Cream (liquid for creamers etc)

Heavy Whipping Cream Spray for treats (check brand for carbs usually 1 carb)

Hard Cheeses (most) – It is best to get your cheese sliced from the deli or buy the block cheese. When you buy prepackaged shredded or sliced it has added carbs so it doesn't stick together. Not much so if going for convenience just add that into your carb count for the day!

CONDIMENTS

Mayo – only FULL MAYO (not light or sugar free)

Mustard, Yellow, Spicy, Dijon (no honey mustard)

Hot Sauce

Tamari Sauce (instead of soy sauce, tastes the same but no gluten)

Dressings – FULL DRESSINGS like Ranch, Cesar, etc (not low fat)

FRUIT:

Blueberries, Strawberries, Raspberries, Blackberries (no more than ¼ cup per day - this stalls some people)

COOKING OILS:

Coconut Oil

Avacado Oil

Olive Oil

Lard

Butter (must be REAL BUTTER) preferably grass fed like Kerrygold Butter but not necessary

Ghee

do NOT use margarine or any processed oil preferably (no vegetable or canola oil)

SNACKS:

Pickles

Beef Sticks

Beef Jerky

Lunchmeat with cheese

Cheese sticks

Deviled Eggs

Pork Rinds dipped in Queso or Guacamole

Giant Olives stuffed with blue cheese (many varieties at most stores)

Ham slice with cream cheese spread on it with a garlic pickle then rolled up

Sausage Cheese Balls

Smoked sausage sliced small then cooked well, put on a toothpick with a chunk of cheese and a mini pickle on top

NEVER ALLOWED:

Sugar, Honey, Agave, Brown Sugar, Molasses, Corn Syrup

Rice, Pasta, Corn, Oats

Carrots, Potatoes, Sweet Potatoes, Beets, Beans, Legumes (including pinto, peas, lima, etc)

Bread of any kind

Fruit (except for berries in small amounts if it doesn't stall you)