

KETO FOODS

PROTEINS

WILD MEATS

BEAR, BOAR, BUFFALO, ELK, RABBIT, VENISON

FISH

AHI/MAHI-MAHI, CATFISH, HALIBUT, HERRING, MACKEREL, SALMON, SARDINES, SNAPPER, SWORDFISH, TROUT, TUNA, WALLEYE, WHITE FISH (COD, BLUEGILL), FLOUNDER,

SEAFOOD/SHELLFISH

CLAMS, CRAB, LOBSTER, MUSSELS, OYSTERS, PRAWNS, SCALLOPS, SHRIMP, SNAILS, SQUID

POULTRY

CHICKEN LIVERS, DUCK, GAME HENS, GOOSE, OSTRICH, PARTRIDGE, PHEASANT, QUAIL, SQUAB, TURKEY

EGGS

OAT, LAMB, PORKQUAIL EGGS, DUCK EGGS, GOOSE EGGS, CHICKEN EGGS, OSTRICH EGGS,

BEEF

GOAT, LAMB, PORK

AVOID

TILAPIA, FARM RAISED SALMON, CURED DELI MEATS, CURED BACON, CURED HOT DOGS, ALL MEATS WITH ADDED NITRATES

FRUITS & VEGETABLES

VEGETABLES

SPINACH, KALE, BROCCOLI, CAULIFLOWER, LETTUCES, ALFALFA SPOUTS, ASPARAGUS, BELL PEPPERS, CABBAGE, CAULIFLOWER, CELERY, CHICORY, CUCUMBERS, GARLIC, GREEN BEANS, MUSHROOMS, ONIONS, RADISHES, SCALLIONS, SPAGHETTI SQUASH, ZUCCHINI, OLIVES, EGG PLANT, BOK CHOY, BRUSSEL SPROUTS, FENNEL, TURNIPS, RUTABAGA, LEEK, WINTER SQUASH, SUGAR SNAP PEAS, WAX BEANS, ARTICHOKE

FRUITS

AVOCADO, BLACKBERRIES, BLUEBERRIES, COCONUT, CRANBERRIES, RASPBERRIES, STRAWBERRIES, RHUBARB, LEMON JUICE, LIME JUICE,

NUTS & SEEDS

NUTS

MACADAMIA NUTS, BRAZIL NUTS, PECANS, WALNUTS, ALMONDS, HAZELNUTS, PINE NUTS, PEANUTS (CONTROVERSIAL)

SEEDS

FLAXSEED, CHIA SEEDS, PUMPKIN SEEDS, SUNFLOWER SEEDS, SESAME SEEDS

WWW.KETOCRACY.COM

THE KETOGENIC SOCIETY