

Staple Foods for Keto



Let's Keto!



Protein Sources



Meat & Eggs

Beef, Chicken, Bacon, Ham, Eggs, Pork, Lamb, Poultry, Venison, Veal, Wild Game, Organ meats, ● Deli meats (Sliced chicken, corned beef, ham, pancetta, pastrami, prosciutto, roast beef, speck, and turkey, etc.), ● Cured meats.

Seafood

Crabmeat, Cod, ● Clams & Oysters, Halibut, Flounder, Mackerel, Lobster, Herring, Wild salmon, Shrimp, Sardines, Squid, Sole, Trout, Tuna.

● Consume in moderation

Fat Sources



Healthy Oils

Butter (preferably from grass-fed sources), Coconut cream, Avocado oil, Coconut oil, MCT oil, Olive oil, Walnut oil, Sesame oil, Cacao butter, Ghee, Lard from pasture-raised sources.

Dairy

Butter/ghee, Bleu cheese, Cottage cheese, Cheddar cheese, Cream cheese, Cream, Goat cheese, Feta, Gouda, Goat cheese, Mozzarella, Plain Greek yogurt, Swiss cheese, Parmesan cheese.

Nuts & Seeds

Coconut, Chia seeds, Brazil nuts, Hemp seeds, Flaxseeds, Macadamia nuts, Hazelnuts, Pumpkin seeds, Pecans, Sesame seeds, Sunflower seeds, Walnuts, Almonds, Pecans, Flours or butters made from any of these sources.

Keto Friendly Carbs



Vegetables

Broccoli, Bitter greens, Bok choy, Chard, Collards, Endive, Kohlrabi, Nori, Summer squash, Zucchini, Eggplant, Cabbage, Asparagus, Brussel sprouts, Celery, Cauliflower, Green Beans, Cucumber, Spinach, Green & red peppers, Kale, Lettuce, Avocados, Olives, ● Tomatoes, Certain mushrooms.

● Fruits

Blueberries, Blackberries, Limes, Lemons, Strawberries, Raspberries, Cranberries (unprocessed, unsweetened).

● Consume in moderation

Flavor Enhancers



Sweeteners

Stevia, Monk Fruit, Xylitol, Erythritol.

Herbs & Spices

Basil, Black Pepper, Coriander, Cumin, Cinnamon, Chilli, Cardamon, Dill, Fenugreek, Garam Masala, Mustard, Paprika, Parsley, Sage, Rosemary, Thyme.

Other

Salt, Wine Vinegar, Soy Sauce, Coconut Aminos.

Sample Sauces



Keto Alfredo Butter Sauce

4 tablespoons Butter
2 cups Heavy Cream
3 ½ cups Parmesan Cheese



Teriyaki Sauce

1 cup Soy Sauce
½ tsp Ginger Root, Raw
1 clove Garlic, Fresh
¼ tsp Crushed Red Pepper
½ tsp Rice Vinegar
1 tsp Baking Aids Xanthan Gum
2 package Stevia Leaf



Low-Carb Fresh Roasted Tomato Sauce

10 oz Grape Tomato
1 tbsp Olive Oil
⅛ tsp Salt
⅛ tsp Black Pepper, Ground
1 clove Garlic
⅛ tsp Onion Powder
4 leaf Basil