

# Keto Diet

## **Healthy Fats, oils and non starchy vegetables 75% of diet**

Broccoli, Spinach, Lettuce, Cabbage, Kale, Asparagus, Olives, Green Beans, Green Peppers, Brussell Sprouts, Cauliflower, Mushrooms, Cucumbers, Avocado (Great fat source also), Lettuce  
Seaweed, Nori, Leafy Greens, Fresh Herbs, Tomatoes, Peppers,

Butter, Ghee, Oils (Olive Oil, Flaxseed oil, Coconut oil, Avocado oil), Heavy Cream (i.e not low fat), Cheeses, Nuts, Avocado/Guacamole, Sour Cream, Nut butters excluding peanut butter

## **Proteins 20% of diet**

Beef, Steak, Hamburger Patties, Ribs (no sauce), Roast Beef, Chicken, Duck, Tuna, Salmon, Trout, Halibut, Lamb, Pork, Bacon, Ham, Eggs, Shrimp, Crab, Lobster, Whey Protein, Organic Full Fat Dairy Products, Bone broth

## **Carbohydrates 5% of diet**

Raspberries, blackberries, strawberries, blueberries, lemon, lime, apples, pears, green peas, beans

## **Foods to Avoid**

Grains, refined sugar, soda, chickpeas, lentils, kidney beans, low fat dairy, peanut butter, canola oil, peanut oil, sunflower oil.