

## Keto diet food list

Protein	Fat	Carbs
Red Meat (preferrably Grass-fed)	American cheese	Blackberries
Chicke breast	Avocado	Blueberries
Eggs	Coconut oil	Raspberries
Cod	Greek yogurt	Strawberries
Crabmeat	Cottage cheese	Broccoli
Halibut	Olive oil	Brussels sprouts
Shrimp	Almonds	Cabbage
Tuna	Brazil nuts	Cauliflower
Trout	Cashews	Celery
Salmon	Macadamia nuts	Cucumber
Clams	Pistachios	Green beans
Mussels	Walnuts	Kale
Octopus	Chia seeds	<b>Peppers (red and green)</b>
Oysters	Flaxseeds	Spinach
Squid	Pumpkin seeds	Zucchini
Sardines	Sesame seeds	Lettuce
Mackerel	Butter	Asparagus
Bacon	Cream	Lemons and limes
Ham	Olives	Tomatoes
Pork	Dark chocolate	Onions
Veal	Cocoa	Mushrooms
Venison	Cream cheese	Arugula
Black beans	Gouda cheese	Bell peppers
Chickpeas	Feta Cheese	Mustard
Black Soybeans	Mozarella (whole milk)	Unsweetened Ketchup
Collagen proteins	Parmesan	Vinaigrettes
Whey proteins (keto friendly)	Coconut butter	Low-carb crackers
Hemp Protein Shakes	Mayonnaise	Dried seaweed