

Ketogenic Food List

Protein	Fats	Carbs	Drinks and Condiments
Salmon	Macadamia Nuts	Arugula	Unsweetened Coffee
Sardines	Regular nuts	Spinach	Unsweetened tea
Mackerel	Brazil nuts	Eggplant	Unsweetened cocoa mix
Shrimp	Chia seeds	Mushrooms	Gatorade
Crab	Hemp seeds	Broccoli	Anything without sugar or carbs
Tuna	Walnuts	Kale	Champagne
Mussels	Hazelnuts	Zucchini	Dry red wine
Cod	Sesame seeds	Bell Peppers	Vodka
Scallops	Pumpkin seeds	Cauliflower	Brandy
Venison	Almonds	Fennel	Whiskey
Chicken	Flaxseeds	Cabbage	
Turkey	Cream	Celery	
Beef	Butter	Brussels Sprouts	
Pork	Olive Oil	Tomatoes	
Lamb	Coconut oil	Avocados	
Cheese	Avocado Oil	Blackberries	
Cottage cheese	Nut oil	Raspberries	
Greek Yogurt	Coconut butter	Blueberries	
	Mayonaisse (Olive Oil)	Strawberries	
	Unsweetened Ketchup	Coconut	
	Olives	Lemon	
	Dark chocolate	Limes	

Note: Make sure to add plenty of these foods to your diet, don't cut carbs completely, and stay hydrated at all times.