

KETOGENIC/HEALING DIET

FOOD PLAN & SHOPPING GUIDE



Items in **black** are the recommended choice.
 Items in **red** are not in the plan.
 Items in **blue** are to be eaten in moderation.

PROTEIN

Protein Foods To **Include**:

- Seafood: Wildcaught + sustainably fished
- Ruminants (beef, buffalo, lamb, elk, venison, etc.) 100% grass-fed
- Pastured + organic Poultry (eggs, chicken, turkey, duck, pheasant, etc.)
- Processed Meats (non-pig bacon, sausage, deli meat, etc) - must be organic/grass-fed
- Dairy: 100% grass-fed cheese, cream, whole milk
- Organ Meats

FATS

- Animal Fats*
- Chocolate/ Cacao/Cocoa
- Avocado
- Coconut Milk (canned)
- Grass-fed Butter*
- Coconut oil
- Ghee*
- Extra-Virgin Olive Oil
- Coconut Meat/Flakes
- Organic Bone Broth and Stews
- Coconut Butter
- Olives (all)

VEGETABLES

- | | | |
|----------------------------------------------|------------------------------------------------------|---------------------------------------------------------|
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Anise/Fennel Root | <input type="checkbox"/> Artichoke |
| <input type="checkbox"/> Broccoli/Brocolini | <input type="checkbox"/> Asparagus | <input type="checkbox"/> Bok Choy |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Bell Peppers | <input type="checkbox"/> Brussels Sprouts |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Broccoli Rabe | <input type="checkbox"/> Carrots |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Cabbage (All Types) | <input type="checkbox"/> Collard Greens |
| <input type="checkbox"/> Leeks | <input type="checkbox"/> Celery | <input type="checkbox"/> Eggplant |
| <input type="checkbox"/> Okra | <input type="checkbox"/> Green Beans | <input type="checkbox"/> Greens (beet, mustard, turnip) |
| <input type="checkbox"/> Rhubarb | <input type="checkbox"/> Kale | <input type="checkbox"/> Kohlrabi |
| <input type="checkbox"/> Spinach | <input type="checkbox"/> Lettuce (bibb, butter, red) | <input type="checkbox"/> Mushrooms (all) |
| <input type="checkbox"/> Watercress | <input type="checkbox"/> Onion/Shallots | <input type="checkbox"/> Spaghetti Squash |
| <input type="checkbox"/> Sprouts (All Types) | <input type="checkbox"/> Radish | <input type="checkbox"/> Summer Squash |
| <input type="checkbox"/> Swiss Chard | <input type="checkbox"/> Snow/Sugar Snap Peas | <input type="checkbox"/> Turnip |
| | | <input type="checkbox"/> Zucchini |

FRUIT

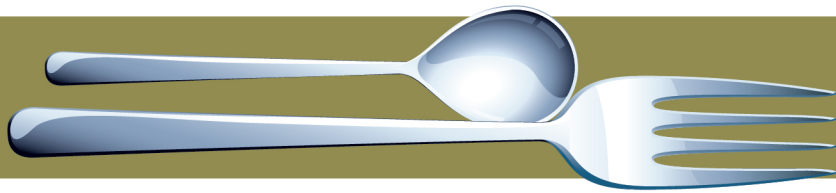
- Berries
- Granny Smith Apples
- Lemon/Lime
- Strawberries
- Grapefruit
- Kiwi
- Raspberries
- Tomatoes

FERMENTED FOODS

- Sauerkraut
- Kombucha
- Coconut Milk Kefir
- Amasai
- Fermented Assorted Veggies
- Coconut Water Kefir
- Kimchi
- Fermented Whey
- Raw Apple Cider Vinegar (ACV)
- Beet Kvass
- Bragg's ACV Drinks
- Grass-fed fermented dairy

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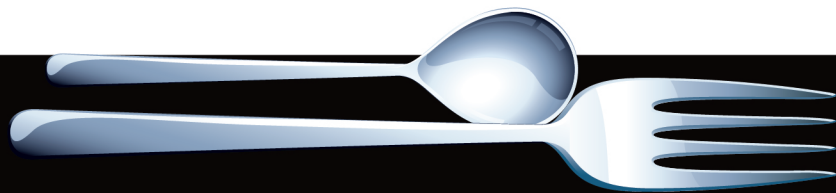
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NUTS & SEEDS

- Hazelnuts
- Almonds
- Brazil Nuts
- Pecans
- Flax Seeds
- Sunflower Seeds
- Macadamia Nuts
- Almond Butter
- Chia Seeds
- Pistacio
- Pumpkin Seeds/Pepitas
- Walnuts
- Cashews
- Almond Milk
- Hemp Seeds
- Pine Nuts
- Sesame Seeds

HERBS

- Turmeric
- Ashwaghandha
- Ginseng
- Star Anise
- Milk Thistle
- Sage
- Oregano
- Green Coffee Bean Extract
- Peppermint
- Chamomile
- Coriander
- Thyme
- Echinacea
- Valerian
- Passionflower
- LemonGrass
- Basil
- Maca
- Kava Kava



FOODS TO AVOID

VEGETABLES

- Acorn Squash
- Jimaca
- Beets
- Pumpkin
- Butternut Squash
- Delicata Squash
- Beans/Lentils
- Parsnips
- Rutabaga
- Sweet Potato/Yams

FRUIT

- Apricots
- Oranges
- Dates/Figs
- Peaches
- Grapes (green/red)
- Pineapple
- Melon
- Papaya
- Pears (all varieties)
- Plum
- Pomegranate
- Tangerines
- Bananas
- Cherries
- Mango
- Nectarines
- Exotic Fruit (star fruit, quince)
- Watermelon
- Dried Fruit

PROTEIN

- All Factory-Farmed animal products or those with added sugar, MSG, sulfites or carrageenan
- Pig based products
- Shellfish