



## Foods To Have

## Foods To Have in Moderation

### PROTEIN

**Seafood:** Wildcaught fish

**Red Meat:** Grass-fed beef, bison, buffalo, lamb, elk, venison

**Poultry:** Organic and/or pasture-raised chicken, turkey, eggs, duck, pheasant

**Processed Meats:** (non-pig bacon, sausage, deli meat, etc) – must be organic/grass-fed

**Organ Meats:** From grass-fed or pasture-raised meats

### FATS

Animal Fats\*

Chocolate/ Cacao/Cocoa

Avocado

Coconut Milk (canned)

Grass-Fed Butter and Ghee\*

Coconut oil

Extra-Virgin

Olive Oil

Coconut Meat/Flakes

Organic Bone Broth and Stews

Coconut Butter

Olives (all)

MCT Oil and SCT Oil

Grass-fed cheese or cream

### VEGETABLES

Arugula	Anise/Fennel Root
Broccoli/Broccolini	Asparagus
Cauliflower	Broccoli Rabe
Cucumber	Cabbage (All Types)
Garlic	Celery
Leeks	Green Beans
Okra	Kale
Rhubarb	Lettuce (bibb, butter, red)
Spinach	Onion/Shallots
Watercress	Radish
Sprouts (All Types)	Snow/Sugar Snap Peas
Swiss Chard	Kohlrabi
Artichoke	Mushrooms (all)
Bok Choy	Spaghetti Squash
Brussels Sprouts	Summer Squash
Collard Greens	Turnip
Zucchini	Greens (beet, mustard, turnip)

### FRUIT

Lemon/Lime

Berries (1/4 cup daily max)

Granny Smith Apple (1/4 per day max)

Grapefruit (1/4 per day max)

### FERMENTED FOODS

Sauerkraut

Coconut Milk Kefir

Fermented Assorted Veggies

Kimchi

Fermented Whey

Raw Apple Cider Vinegar (ACV)

Bragg's ACV Drinks

Coconut Water Kefir

### NUTS & SEEDS

1/4 cup per day

Hazelnuts

Almonds

Brazil Nuts

Pecans

Flax Seeds

Sunflower Seeds

Cashews

Almond Milk

Hemp Seeds

Macadamia Nuts

Almond Butter

Chia Seeds

Pistachios

Pumpkin Seeds/Pepitas

Walnuts

Pine Nuts

Sesame Seeds

### HERBS

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

### PROTEIN POWDERS

Bone Broth Protein  
Pea Protein  
Hemp Protein  
Non-Denatured Whey Protein

Only consume these after you are keto adapted (4-6 weeks on the ketogenic diet) and you want to cycle out of ketosis. Find the right schedule for you...maybe one time per week or one time per month and follow the low-carb keto diet the rest of the time.

### VEGETABLES

Acorn Squash

Jimaca

Beets

Pumpkin

Sweet Potatoes

Delicata Squash

Parsnips

Rutabaga

Butternut Squash

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

Tomatoes

### FERMENTED FOODS

Beet Kvass

Grass-fed fermented dairy

Kombucha

### DAIRY

Raw grass-fed whole milk or grass-fed kefir and yogurt

### GRAINS

Quinoa  
Brown rice  
White rice  
Buckwheat  
Sprouted ancient grains

### LEGUMES

Lentils  
Beans  
Garbanzo beans



## Foods To Avoid

### PROTEIN

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

### VEGETABLES

Regular Potatoes  
Mashed Potatoes  
Baked Potatoes

### FRUIT

Dried Fruit

### REFINED CARBOHYDRATES

Bread	Chips	Pastries
Bagels	Cookies	Pita
Breadsticks	Couscous	Pizza
Brownies	Crackers	Popcorn
Cake	Croissants	Rolls
Candy	Cupcakes	Tortillas
Cereal/ granola	Muffins	Tortilla chips
	Pasta	

### GRAINS

Wheat  
Barley  
Rye  
Oats  
Kamut  
Spelt

## Quick Reference



Drink as much water as possible  
(minimum half your body weight in ounces)



Have healthy fats at every meal



No sugar, processed foods or grains



Limit of 1-2 servings max of fruits or  
starchy veggies daily



No hydrogenated oils



No fast foods

