



Core Keto Approved Foods

Fatty Proteins

4 Ounces Per Meal

Beef Steak
Eggs
Elk
Flounder
Grouper
Herring
Lamb
Liver
Lobster
Mahi Mahi

Orange Roughy
Oysters
Pork (*avoid added sugar*)
Bacon/Sausage (*avoid sugar*)
Red Snapper
Salmon
Sardine
Scallops
Sea Bass
Shrimp

Swordfish
Tilapia
Tofu
Tuna
Turkey
Turkey Bacon
Turkey Sausage

Healthy Fats

2 Serving Per Meal

Coconut Oil (1T)
Olive Oil (1T)
Avocado Oil (1T)
Butter/Ghee (1T)

MCT Oil (1T)
Avocado (1/4 fruit)
Cheese (2 oz)
Sunflower Oil (1T)

Pumpkin Seeds (1/4 cup)
Sesame Seeds (2 T)

Vegetables

2 Cups Per Meal

Artichokes
Arugula
Asparagus
Beets
Bell Peppers
Bok Choy
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celeriac
Celery
Cilantro

Chicory
Chili Peppers
Chives
Collard Greens
Cucumbers
Eggplant
Endive
Fennel
Ginger
Green Beans
Kale
Leeks
Lettuce (*Romaine*)
Mushrooms

Mustard Greens
Okra
Onion
Parsnip
Scallion
Snow Peas
Spinach
Squash
Turmeric
Turnips
Watercress
Zucchini

High Fat Snacks

1 Serving Per Snack

Almond Butter (3T)
Macadamia Nuts (1/4 cup)

String Cheese (1 stick)
Walnuts (1/2 cup - halves)

Lean Shake (1 scoop)
Almonds (1/4 cup)

Other

White Wine Vinegar
Red Wine Vinegar
Balsamic Vinegar

Lime Juice
Lemon Juice
Apple Cider Vinegar

Teriyaki Sauce
Unsweetened Almond Milk (1 cup per day)