



Core Keto Approved Foods (Higher Calorie)

Fatty Proteins

6 Ounces Per Meal

Beef Steak	Natural Almond Butter (4 T)	Shrimp
Eggs	Orange Roughy	Swordfish
Elk	Oysters	Tilapia
Flounder	Pork (avoid added sugar)	Tofu
Grouper	Bacon/Sausage (avoid sugar)	Tuna
Herring	Red Snapper	Turkey
Lamb	Salmon	Turkey Bacon
Liver	Sardine	Turkey Sausage
Lobster	Scallops	
Mahi Mahi	Sea Bass	

Healthy Fats

2 Serving Per Meal

Coconut Oil (1T)	MCT Oil (1T)	Pumpkin Seeds (1/4 cup)
Olive Oil (1T)	Avocado (1/4 fruit)	Sesame Seeds (2 T)
Avocado Oil (1T)	Cheese (2 oz)	
Butter/Ghee (1T)	Sunflower Oil (1T)	

Vegetables

2 Cups Per Meal

Artichokes	Chicory	Mustard Greens
Arugula	Chili Peppers	Okra
Asparagus	Chives	Onion
Beets	Collard Greens	Parsnip
Bell Peppers	Cucumbers	Scallion
Bok Choy	Eggplant	Snow Peas
Broccoli	Endive	Spinach
Brussels Sprouts	Fennel	Squash
Cabbage	Ginger	Turmeric
Carrots	Green Beans	Turnips
Cauliflower	Kale	Watercress
Celeriac	Leeks	Zucchini
Celery	Lettuce (Romaine)	
Cilantro	Mushrooms	

High Fat Snacks

1 Serving Per Snack

Almond Butter (3T)	String Cheese (1 stick)	Lean Shake (1 scoop)
Macadamia Nuts (1/3 cup)	Walnuts (1/3 cup - halves)	Almonds (1/3 cup)



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Other

White Wine Vinegar
Red Wine Vinegar
Balsamic Vinegar

Lime Juice
Lemon Juice
Apple Cider Vinegar

Teriyaki Sauce
Unsweetened Almond Milk (*1 cup*)