



# Ignite Keto Approved Foods

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## Fatty Proteins

4 Ounces Per Meal

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

Natural Almond Butter (4 T)  
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

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## 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)

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## 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

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## High Fat Snacks

1 Serving Per Snack

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

String Cheese (1 stick)  
Walnuts (1/4 cup - halves)

Lean Shake (1 scoop)  
Almonds (1/34cup)



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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*)