

THE NEW



# KETO DIET

apple, nut, leafy green icons food list V BIO scales icon



## HEALTHY FATS, OILS AND NON-STARCHY VEGETABLES

75% OF YOUR DIET\*



### VEGETABLES

- Leafy greens
- Bok choy
- Cucumber
- Celery
- Eggplant
- Tomatoes
- Peppers
- Lettuce
- Brussels sprouts
- Zucchini
- Fennel
- Chives
- Kale
- Endive
- Radicchio
- Mushrooms
- Onion
- Garlic
- Celery
- Fresh herbs (mint, parsley, chives, basil, rosemary, cilantro)
- Root vegetables\* (butternut squash, yams, carrots, turnips, spaghetti squash, pumpkin, sweet potato)

\* Very small amounts of root vegetables are allowed, but be careful not to consume more than your 5% carb allowance to stay in ketosis

### ANIMAL FATS

- Lard
- Ghee
- Tallow
- Grassfed butter
- Organ meats (liver, bone marrow, tongue)
- Fish (wild caught preferred to avoid toxins and PCBs): salmon, tuna, mackerel, cod, eel sole, trout, halibut, snapper
- Shellfish (crab, lobster, prawns, shrimp, squid, scallops)
- Egg yolks
- If you include dairy in your diet, stick to organic dairy products in smaller amounts, such as cheese, cream and greek yogurt.

### NUTS AND SEEDS

- Pecans
- Walnuts
- Cashews
- Pine nuts
- Hazelnuts
- Pistachios
- Chia seeds
- Hemp seeds
- Sesame seeds
- Sunflower seeds

- Sugar-free Nut and seed butter (excluding peanut butter)
- Flax oil
- Walnut Oil
- Macadamia Oil

### COOKING OILS

- Olive oil
- Avocado oil
- Unrefined coconut oil

### OTHER

- 100% Dark Organic Chocolate
- Raw cacao powder
- Spirulina
- Chlorella
- Maca root
- Unsweetened nut milk (cashew milk, almond milk, hemp milk, hazelnut milk, coconut milk)
- Seltzer or mineral water
- Herbal tea and coffee (as long as no sugar is added)
- Almond flour
- Coconut flour
- Fish oil supplements
- MCT oil
- Brain Octane oil
- Collagen & Gelatin supplements



## PROTEINS

20% OF YOUR DIET\*



### ANIMAL PROTEIN

- Chicken
- Turkey
- Wild game
- Duck
- Beef
- Pork

### ORGANIC FULL FAT DAIRY PRODUCTS

- If you include dairy in your diet, stick to organic dairy products in smaller amounts, such as cheese, cream and greek yogurt.

### BONE BROTH

- Kettle & Fire Beef Bone Broth: 6g protein, 2g carbs, 0g fat
- Kettle & Fire Chicken Bone Broth: 10g protein, 0g carbs, 1g fat



## CARBOHYDRATES

5% OF YOUR DIET\*



### BERRIES

- Raspberries
- Blueberries
- Blackberries
- Strawberries

### FRUIT

- Citrus: lemon & lime
- Berries, apples, and pears are low sugar fruits that can be eaten in very small amounts

### LEGUMES

- Green peas and beans are low in starch, so they're the only legumes allowed

## FOODS TO AVOID

0% OF YOUR DIET\*

- Grains
- Refined sugar
- Alcohol
- Soda
- Beans and legumes (chickpeas, lentils, kidney beans)
- Low-fat dairy products (which are higher in carbs)
- Peanut butter (which is a legume, not a nut)
- Sugar alcohols (xylitol, maltitol, and sorbitol that is found in chewing gum)
- Refined vegetable oils (canola, peanut, sunflower) Although vegetable oils are fats, they're heavily processed with chemicals and deodorizers, which makes them far from a health food

\*NOTE: THESE PERCENTAGES ARE BASED ON THE STANDARD KETOGENIC DIET (SKD)

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