



# KETO

## *Food List*

PROTEIN	NUTS & SEEDS	FRUITS	LOW-STARCH VEGGIES
Beef Pock Chicken Turkey Will fatty fish Eggs	Almonds Cashews Macadamia nuts Pecans Chia seeds Flax seeds Sesame seeds	Avocado Lemon Strawberries Blackberries Raspberries Blueberries	Kale Broccoli Squash Mushrooms Cucumber Arugula Lettuce Spinach Celery Cabbage
FATS & OILS	DRINKS	HIGH-QUALITY DAIRY	
Animal fat Coconut butter Cocoa butter Olive oil Avocado oil	Water Coffee Nut milk Tea	Cheese Cream cheese Heavy cream Butter Mascarpone	

