

KETO FOODS LIST

PROTEIN

Bacon
Beef
Chicken
Chicken
Drumsticks
Crocodile
Duck
Egg
Goat
Jerky
Lamb
Organ Meats
Pork
Poultry (all)
Rabbit
Salmon
Seafood
Turkey
Veal
Venison

FATS

Avocado/Avocado Oil
Beef Tallow
Butter/Ghee
Cacao Butter
Coconut
Coconut oil
Duck fat
Lard
Macadamia Oil
Mayonnaise
MCT Oils
Nuts
Olive oil
Rendered animal fats
Seeds

SUPPLEMENTS

Biotin
Collagen
Electrolytes
Fibre
Magnesium
MCT Oil
Omega-3
Vitamin D

GUT FOODS

Acacia Fibre
Bone broth
Chlorella
Coconut yoghurt
Coconut kefir
Flaxseed
Inulin
Kimchi
Kombucha
Nori
Pickled vegetables
Prebiotics
Probiotics
Sauerkraut
Spirulina

KETO FOODS LIST

DAIRY

Butter
Cheese
Cream
Cream Cheese
Cream Fraiche
Ghee
Greek Yoghurt
Sour cream

DRINKS

Big Head
Beer
Brandy
Bourbon
Champagne
Chardonnay
Coffee
Gin
Pinot Blanc
Pinot Grigio
Rum
Sav Blanc
Scotch
Soft Drinks
Tea
Tequila
Whiskey
Vermouth - Extra Dry
Vodka

VEGETABLES

Artichokes
Asparagus
Avocados
Baby Spinach
Blackberries
Blueberries
Bok Choy
Broccoli
Broccolini
Brussels Sprouts
Capsicum
Cauliflower
Cabbage
Celery
Chili
Cucumber
Currants
Eggplant
Garlic
Ginger
Green Beans
Kale
Lemon
Lime
Onion/Shallots
Jalapeño Chilies
Jap Pumpkin
Lettuce (All Kinds)
Mushrooms
Onion
Radish
Raspberries
Spinach
Strawberries
Tomatoes
Zucchini

KETO FOODS LIST

PANTRY

Almond Flour
Almond Meal
Almond Milk
Almonds
Anise Essence
Apple Cider Vinegar
Arrowroot Powder
Baking Powder
Balsamic Vinegar
Bi Carb
Brown Cardamom Seeds
Cacao And Cocoa Powder
Cocoa Butter
Canned Coconut Cream
Canned Cream
Canned Tuna
Cayenne Pepper
Celery Salt
Chia
Chia Seeds
Chili Konjac Snacks
Chilli Powder
Chipotle In Adobo Sauce
Cinnamon
Coconut Cream
Coconut Essence
Coconut Flour
Coconut Milk
Coconut Oil
Coffee
Collagen Powder
Coriander
Crushed Chilli
Cumin
Curry Powder
Dark Chocolate
Desiccated Coconut
Dried Egg Snacks
Dried Herbs
Duck Fat
Dulse Flakes
Erythritol
Fat Head Dough
Fenugreek Leaves
Feta
Flax Seed
Frozen Berries
Garam Masala
Garlic
Garlic Powder
Gelatin
Glycerin
Golden Flax Seed
Hazelnuts
Hemp
Hemp Seeds
Herbs And Spices
Herbs Fresh & Dried
Himalayan Salt
Inulin
Kombucha
Kransky
Lemon Extract
Light Tasting Oils
Linseed
Long Life Unsweetened Nut Milk
Macadamias
Maple Flavoured Syrup
Matcha Powder
Mct Oil
Monk Fruit
Monk Fruit Sweetener
Mustard Powder And Seeds
Mustards
Natvia
Natvia Sugar Free Syrups & Jams

KETO FOODS LIST

PANTRY

Nigella
Nigella Seeds
Nutmeg
Oat Fibre
Olive Oil
Onion Powder
Oyster Sauce
Paprika
Pb Powder
Peanut Butter
Pecans
Pepitas
Peppercorns
Peppermint Extract
Psyllium Husks
Pickles
Pistachios
Poppy Seeds
Pork Crackle
Pumpkin Seeds
Pure Cream
Quest Chips
Red Onions
Red Wine
Rice Bran Oil (For My Own
Mayo, With Eggs And Lemons)
Roasted Sunflower Seeds
Rock Salt
Saffron
Salmon (tinned)
Salsa
Seasonings (sugar free)
Seaweed Snacks
Seeds
Sesame seeds
Sesame Oil
Sesame Seeds
Shredded Coconut
Sichuan Pepper
Smoked Salt
Soy Sauce
Spices
Stevia
Stock Paste/Powder
Sugar Free Jam
Sugar Free Jelly Crystals
Sugar Free Maple Syrup
Sugar Free Peanut Butter
Sugar Free Salted Caramel Syrup
Sukrin Products
Sumac
Sunflower
Sunflower Seeds
Tartaric Acid
Tinned Quail Eggs
Tinned Tomatoes
Tinned Tuna
Tinned Chicken
Tinned Young Green Jackfruit
Tomato Paste
Turmeric
Vanilla Essence
Vanilla Extract
Vegemite
Vital Wheat Gluten (low carb)
Vitawerx Chocolates
Whey Protein
Whole Egg Mayo
Wine Vinegar Red And White
Xanthan Gum
Xylitol
Yeast
Za'atar