

Ketogenic

A keto or ketogenic diet focuses on low-carb foods.
Typically, foods are also high in healthy fats.

Poultry

Beef

Pork

Eggs

Fish

Seafood

Grass-fed butter

Cheese

Heavy Whipping

Cream

Cream Cheese

Sour Cream

Coconut oil

Avocado oil

Extra virgin olive
oil

Full-fat dressings

Mustard

- Almonds

- Pecans

- Macadamia Nuts

- Peanuts

- Pepitas

- Chia seeds

- Nut butters

- Avocados

- Kale

- Spinach

- Mustard greens

- Broccoli

- Cauliflower

- Asparagus

- Brussels sprouts

- Almond flour

- Coconut flour

- Berries