

Fats

Best Fats & Oils For Keto

- Grass-fed Beef Tallow
- Pasture Raised Pork Lard
- Butter
- Grass-fed Ghee
- Avocado Oil

Moderate Fats & Oils

- Sesame Oil
- Palm Oil
- Olive Oil (not for cooking)
- Peanut Oil

Bad Fats & Oils

- Canola Oil
- Vegetable Oil
- Cottonseed Oil
- Soybean Oil
- Rice Bran Oil
- Safflower Oil
- Sunflower Oil

Protein

Best Protein Sources

- Fatty Pork Cuts (Pork shoulder, spare ribs, bacon)
- Marbled Beef (Fatty steaks, brisket point, chuck roast, short ribs)
- Salmon
- Duck
- Dark Meat Chicken
- Pasture Raised Eggs

Moderate Protein Sources

- Wild-caught Seafood
- Unflavored Whey Protein Isolate
- Cured Meats

Fruits

Best Fruits For Keto

- Strawberries
- Raspberries
- Blackberries
- Avocados
- Coconut
- Cucumber
- Zucchini
- Peppers

Moderate Fruits Sources

- Blueberries
- Tomatoes
- Lemon
- Lime
- Watermelon
- Pumpkin
- Some Squash (pumpkin, spaghetti, butternut, yellow, delicata)
- Eggplant
- Bell Peppers
- Coconut Milk

Do Not Eat Fruit List

- Apples
- Pears
- Grapes
- Banana
- Plantain
- Mangos
- Pineapple
- Kiwi
- Peach
- Cherries
- Plum
- Squash (any not mentioned above)

Veggies

Best Vegetables For Keto

- Broccoli
- Collard Greens
- Kale
- Asparagus
- Cauliflower
- Cabbage
- Lettuce
- Chard
- Ginger
- Celery
- Spinach
- Herbs (parsley, dill weed, oregano, rosemary, etc.)

Moderate Veggies For Keto

- Onions
- Mushrooms
- Brussel Sprouts
- Olives
- Radish
- Carrots
- Jicama
- Turnips

Never Eat These Vegetables

- Potatoes
- Sweet Potatoes
- Corn
- Beets
- Peas

Dairy

Good Dairy Sources

- Butter
- Full Fat Cream Cheese
- Cheese (hard & soft)
- Full Fat Unsweetened Yogurt
- Sour Cream
- Heavy Cream
- Cottage Cheese

Bad Dairy Sources

- Kefir
- Milk
- Buttermilk (large quantities)
- Processed Cheese (velvetta, kraft)
- Margarine

Sweeteners To Eat & Avoid

Best Sweeteners For Keto

- Allulose
- Monk Fruit
- Stevia
- Erythritol
- Xylitol

Be Careful With These

- Inulin
- Sucralose
- Aspartame

Avoid These

- Sugar
- Honey
- Maple Syrup
- Splenda
- Maltitol
- Maltodextrin
- Coconut Sugar
- High Fructose Corn Syrup
- Agave

Nuts & Seeds

- Pecans
- Walnuts
- Pine Nuts
- Pilinuts
- Almonds
- Macadamia Nuts
- Brazil Nuts
- Chia Seeds
- Sunflower Seeds
- Sesame Seeds
- Flaxseeds

Be Careful With These

- Peanuts
- Pumpkin Seeds
- Pitascio
- Cashews
- Hazelnuts
- Nut Butters
- Unsweetened Nut Milks

Condiments

Condiments can be tricky because you have to read the label for anything added you may not want in your diet. Due to them changing so often I will include a list of great items you can buy now.

- All Low Carb Primal Kitchen Products
- Coconut Aminos
- Soy Sauce
- Sugar Free, Keto Sweetened Ketchup (i.e AlternaSweets, Primal Kitchen)
- Keto Maple Syrup (Lakanto, Birch Benders)
- Mayo (Chosen Foods, Primal Kitchen)
- Barbecue Sauce (Sweet Baby Rays, Primal Kitchen)

Others

- Black Coffee
- Tea
- Keto Sweetened Drinks (Zevia, Virgils, etc)
- Chocolate (85% and up)
- Seasonings containing little to no sugar added
- Most Keto Friendly Store Bought Goods

Avoid At All Cost

- Grains (Rice, Whole, Quinoa, Oats, etc)
- Processed Food (Most Fast Food Restaurants)
- Flours containing gluten (all purpose, self rising, etc)
- Gluten Free Breads
- Candy
- Juices

Conclusion

This is a great list to get you started with plenty of options. These can be combined to create wonderful dishes such as the ones I added in for you. Keto is a great diet for bettering your health. Take your time and don't rush because you should focus on not just today but tomorrow as well. Life is a journey so therefore so is dieting and bettering yourself.