

## RED MEAT

- Beef
- Goat
- Lamb
- Pork
- Nitrate-free hot dogs and sausages (sugar-free)
- Nitrate-free deli meat (sugar-free)



## POULTRY

- Chicken
- Duck
- Game hen
- Pheasant
- Quail
- Turkey
- Nitrate-free chicken or sausages (sugar-free)
- Nitrate-free deli chicken or turkey (sugar-free)

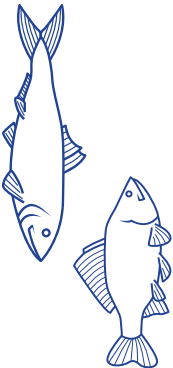


## EGGS

- Chicken, Duck, Goose, Ostrich, or Quail eggs

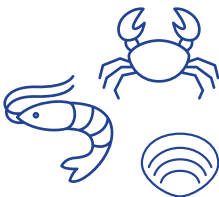
## FISH

- Anchovies
- Bass
- Carp
- Catfish
- Cod
- Flounder
- Haddock
- Herring
- Mackerel
- Salmon
- Sardines
- Snapper
- Sole
- Swordfish
- Tilapia
- Trout
- Tuna



## SHELLFISH & SEAFOOD

- Clams
- Crabmeat
- Lobster
- Mussels
- Octopus
- Oysters
- Prawns
- Shrimp
- Scallops
- Snails



## DAIRY

- Butter
- Cheeses:



- Asiago
- Blue cheese
- Brie
- Cheddar
- Cottage cheese (full fat), in moderation
- Feta
- Goat cheese
- Gouda
- Gruyere
- Mascarpone
- Mozzarella (whole milk)
- Muenster
- Parmesan
- Provolone
- Ricotta, in moderation
- String cheese
- Swiss
- Low carb Greek yogurt, unsweetened, in moderation
- Heavy cream
- Sour cream (full fat)



## VEGETABLES

- Artichokes
- Arugula
- Asparagus
- Bell peppers
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage, including sauerkraut
- Cauliflower
- Celery
- Chicory greens
- Cucumber
- Eggplant
- Endive
- Fennel
- Garlic
- Green beans
- Jalapenos
- Kale
- Lettuce
- Mushrooms
- Olives
- Onions
- Pickles
- Pumpkin
- Radishes
- Seaweed
- Spaghetti squash
- Spinach
- Swiss chard
- Watercress
- Zucchini



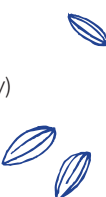
## FRUITS

- Avocados
- Blackberries
- Blueberries
- Lemons
- Limes
- Raspberries
- Strawberries
- Tomatoes



## NUTS & SEEDS

- Almonds
- Brazil nuts
- Coconut (unsweetened, shredded)
- Hazelnuts
- Macadamia nuts
- Peanut
- Pecans
- Pine nuts
- Pistachios (sparingly)
- Walnuts
- Chia seeds
- Flax seeds
- Hemp seeds
- Poppy seeds
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Unsweetened nut butter



## HERBS & SPICES

- Basil
- Bay leaves
- Black pepper
- Caraway seed
- Cayenne pepper
- Celery salt
- Chili powder
- Chinese five-spice
- Cilantro
- Cinnamon
- Cloves
- Coriander
- Cream of tartar
- Cumin
- Curry powder
- Dill
- Dried minced onion
- Fennel seeds
- Garlic powder
- Ginger powder
- Italian seasoning
- Lemon pepper seasoning (sugar-free)
- Mint
- Mustard powder
- Nutmeg



- Old Bay seasoning
- Onion powder
- Oregano
- Paprika
- Parsley
- Red pepper flakes
- Rosemary
- Sage
- Salt (sea salt, pink Himalayan or kosher salt)
- Steak seasoning (sugar-free)
- Taco Seasoning (sugar-free)
- Tarragon
- Thyme
- Turmeric
- Vanilla bean



## BAKING

- Almond flour (in most recipes super fine, blanched is best)
- Almond meal
- Baking powder (aluminum-free)
- Baking soda
- Cocoa powder (unsweetened)
- Coconut flour
- Flaxseed meal
- Grass-fed gelatin
- Protein powder (low carb)
- Psyllium husk powder
- Pure organic extracts (vanilla, almond, coconut, maple, etc.)
- Unsweetened baking chocolate
- Sugar-free chocolate chips (sweetened with monk fruit, stevia, or erythritol)
- Xanthan gum

## SWEETENERS

- Monk fruit
- Stevia
- Erythritol
- Allulose
- Xylitol



## MILK SUBSTITUTES

- Unsweetened almond milk
- Unsweetened coconut milk
- Unsweetened macadamia nut milk
- Unsweetened hemp milk

## SAUCES, CONDIMENTS, & VINEGAR

- Apple cider vinegar
- Balsamic vinegar (use sparingly)
- Red wine vinegar
- Rice wine vinegar (unseasoned)
- Coconut aminos
- Hot sauce (sugar-free)
- Toasted sesame oil
- Worcestershire sauce
- Sugar-free ketchup
- Alfredo sauce (check carb count on the label)
- Blue cheese, Ranch, or Italian Salad dressings (check carb count on the label)
- Marinara sauce (no added sugar)
- Mustard
- Pesto
- Pizza sauce (no sugar added)
- Soy sauce
- Sriracha
- Mayo



## FATS & OILS

- Avocado oil
- Bacon fat
- Beef tallow
- Coconut oil
- Extra virgin olive oil
- Ghee
- Lard
- Macadamia nut oil
- MCT oil
- Palm oil



## CANNED FOODS

- Artichoke hearts
- Beef stock
- Chicken stock
- Crushed tomatoes
- Diced tomatoes
- Stewed tomatoes
- Tomato paste
- Diced green chilies
- Canned salmon
- Canned tuna
- Canned chicken



## PACKAGED CONVENIENCE FOODS

- Pork rinds
- No sugar added jerky or meatsticks
- Seaweed snacks
- Keto Bars\*
- Keto shakes\*
- Keto ice cream\*
- Keto crackers
- Keto chocolate\*
- Keto granola\*
- Keto wraps and pizza crusts
- Shirataki noodles
- Shirataki rice



\*Naturally flavored and sweetened with a keto friendly sweetener

## BEVERAGES

Most of your fluid intake should come from these sources:

- Water
- Coffee
- Tea
- Sparkling Water
- Club Soda
- Seltzer water
- Soda water
- Bone Broth



Consume these drinks in moderation:

- Sugar-free and carb-free energy drinks\*
- Diet drink mixes or drink enhancers with no added sugars\*
- Diet soda and other diet drinks\*

\* Naturally flavored and sweetened with a keto friendly sweetener

## ZERO CARB ALCOHOL (UNFLAVORED)

- Gin
- Rum
- Vodka
- Whiskey
- Tequila
- Scotch
- Bourbon
- Brandy
- Cognac
- Dry wine



## SUPPLEMENTS

- MCT oil or powder
- Collagen peptides
- Exogenous ketones
- Electrolyte powder
- Ketogenic coffee creamers

Get all the latest keto info at  
[kconsciousketo.com](https://kconsciousketo.com)