

Keto Diet Friendly Foods

Below is a helpful list of keto friendly foods that you can choose from and will guide you on your low carb diet.

Get more information and recipes at <https://www.bonappeteach.com/>

PROTEINS

- Chicken/ Poultry
- Beef
- Bacon/ Sausage/ Pork
- Lamb
- Fish / Shellfish
- Eggs
- Tofu

VEGGIES

- Lettuce/ Spinach/ Cabbage
- Avocados
- Asparagus
- Broccoli / Cauliflower
- Cucumber/ Peas
- Zucchini/ Squash
- Peppers / Onions/ Garlic
- Tomatoes
- Green Beans

FRUITS

- Blackberries
- Raspberries
- Blueberries
- Strawberries
- Lemons / Limes
- Coconut
- Watermelon/ Cantaloupe
(eat minimal fruits)

DAIRY

- Heavy Cream
- Half & Half
- Cream Cheese
- Mascarpone
- Ricotta Cheese
- Sour Cream
- Shredded Cheeses
- Parmesan Cheese

NUTS/ SEEDS

- Almonds/ Almond Flour
- Walnuts
- Pecans
- Macadamia Nuts
- Pistachios (low carb)
- Peanuts (low carb)
- Chia Seeds
- Flax Seed
- Sunflower Seeds

FATS/ OILS

- Butter
- Olive Oil
- Avocado Oil
- Animal Fats
- Coconut Oil

BAKED GOODS/ SWEETENERS/ OTHER

- | | | |
|------------------------|-------------------------------|---|
| • Coconut Flour | • Cocoa Powder | • Hearts of Palm |
| • Erythritol Sweetener | • Stevia | • Olives |
| • Allulose Sweetener | • Vital Wheat Gluten (not GF) | • Spices/ Herbs |
| • Monk Fruit Sweetener | • Soy Beans | • Coconut Aminos/
Worcestershire Sauce |