

Fit2Fat2Fit

keto food list



proteins

****Grass-Fed, Organic, Hormone & Antibiotic Free and Free Range are the best if you can afford them****

Beef
Veal
Bison
Goat Lamb
Pork: Bacon, Pork Chops, Pork Loin, Ham, Prosciutto
Poultry: Chicken, Duck, Quail, Pheasant
Sausage
Whole Eggs
(Lean cuts of meat are ok, but remember high fat is the name of the game)



seafood

****Wild Caught is Better vs. Farmed****

Catfish
Cod
Flounder
Halibut
Mackerel
Mahi Mahi
Salmon
Snapper
Trout
Tuna
Sardines (in olive oil is best)
Oysters
Clams
Seashells
Lobster
Crab
Mussels
Squid
Tuna is ok, but you need to add some fat to it since it's so lean



nuts/seeds

****Try and limit these to one serving per day as they are easy to overeat and DO have carbs in them****

Macadamia Nuts
Cashews
Pecans
Walnuts
Almonds
Pumpkin seeds
Sunflower seeds
Chia seeds
Flax seeds
Nut butter is ok too
(Just remember to check for added sugar)



fats and oils

****Organic and Grass Fed Sources are better****

Coconut oil
Olive oil
Avocado oil
Coconut butter
Butter
Lard
Paleo Mayonnaise



liquids

Kombucha
Coffee
Tea
Water
Sparkling water (naturally flavored sparkling water is ok too, ie LaCrixo, etc.)



fruits

Avocado
****In very limited quantities****

Blueberries
Strawberries
Blackberries
Raspberries



vegetables

****Stay away from starchy vegetables if possible****

Asparagus
Celery
Garlic
Broccoli
Kale
Spinach
Cauliflower
Zucchini
Green beans
Chard
Romaine lettuce
Cucumbers
Olives
Sauerkraut
Kimchi
Pickles



dairy

High fat cheeses
Heavy whipping cream
Sour Cream
Cream Cheese
Full Fat Cottage Cheese