

WHAT CAN I EAT?

MEAT

As much as possible choose grass-fed or organic meats. Enjoy the fat and the skin!

- **Bacon** try to find nitrate/nitrite free & with lowest carb (sugar) content
- **Beef**
- **Chicken**
- **Duck**
- **Game**
- **Lamb**
- **Pork**
- **Turkey**
- **All cured meats** cured with the least amount of sugar and nitrate/nitrite free
- **All sausages** containing only sausage and spice-avoid fillers like gluten, soya, sugar etc

EGGS

Any way you like for any meal. Organic if possible.

FRUIT

Very sparingly if at all especially in the beginning phases

- **Blueberries**
- **Blackberries**

FISH/SEAFOOD

The oilier the better

- **Anchovies**
- **Angelfish**

- **Calamari**
- **Dorado**
- **Haddock**
- **Hake**
- **Kob**
- **Mackerel**
- **Mussels**
- **Prawns**
- **Salmon**
- **Sardines**
- **Scallops**
- **Snoek**
- **Squid**
- **Trout**
- **Tuna**
- **Yellowtail**

DRINKS

- **Coffee** with cream, butter, or MCT oil – no milk
- **Water**
- **Bula bobble** keto friendly fruit & veggies infusions
- **Herbal teas** sugar free

VEGGIES

Rule of thumb: veggies above ground ok, veggies below ground not ok.

- **Asparagus**
- **Artichokes**
- **Aubergine** (brinjal, eggplant)
- **Broccoli**
- **Brussel Sprouts**
- **Cabbage**
- **Cauliflower**
- **Cucumber**
- **Green bean**
- **Kale**
- **Lettuce**
- **Marrows**
- **Mushrooms**
- **Olives**
- **Onions**

- **Peppers**
- **Pumpkin**
- **Radishes**
- **Spinach**
- **Sugar snaps /snow peas**
- **Tomatoes**

SWEET THINGS

- **Erythritol**
- **Xylitol**
- **Stevia**

FATS

- **Animal fats**
- **Bacon fat**
- **Beef tallow**
- **Butter**
- **Coconut cream**
- **Coconut milk**
- **Coconut oil**
- **Dripping**
- **Duck fat**
- **Ghee**
- **Heavy cream**
- **Non hydrogenated Lard**
- **Mayonnaise** (homemade)

SEEDS

- **Chia seeds**
- **Flax seeds**
- **Pumpkin seeds**
- **Sesame seeds**
- **Sunflower seeds**

FLOUR

- **Almond flour**
- **Coconut flour**
- **Hazelnut flour**
- **Other nut flours**
- **KetoFuel**

NUTS

- **Almonds**
- **Brazil nuts**
- **Hazelnuts**
- **Macadamias**
- **Pecans**
- **Pine nuts**
- **Walnuts**

DAIRY

(all full fat)

- **Blue cheeses**
- **Butter**
- **Cream**
- **Cream Cheese**
- **Feta Cheese**
- **Ghee**
- **Greek Yogurt** (unsweetened)
- **Parmesan cheese**
- **All other high fat cheeses**

Use delicious guilt free keto versions for breads, pasta, rice, potatoes, and deserts! Ask for these easy recipes or attend one of our potlucks!