

FOODS & IDEAS

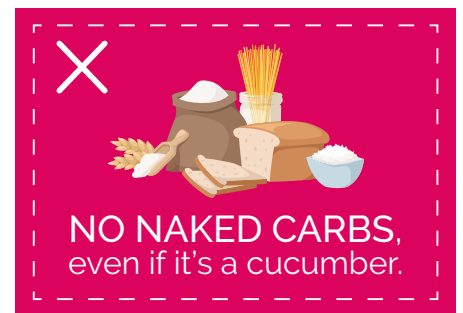
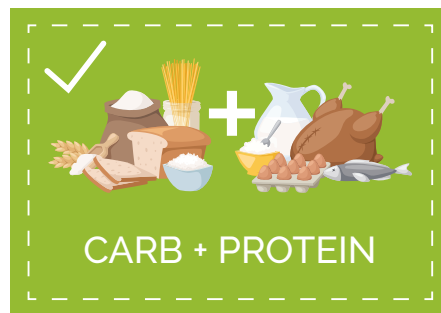
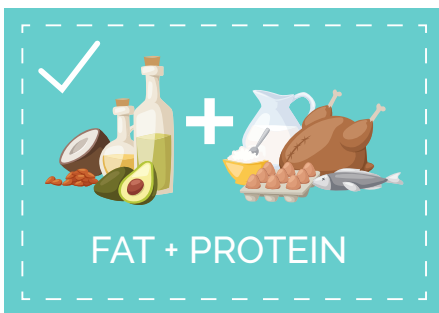


Food Choices

Basic is GOOD. Keep it simple. When you're out of one ingredient, find something different. This is how you can add variety without getting overwhelmed.

If it's not on the list, we don't eat it. Or, try not to! This includes sweeteners, dairy (except for ghee), and alcohol.

A food alone is completely different from a food paired with another. Work to pair your fats with proteins and your carbs with proteins. These combinations seem to be best for glucose, and will keep your levels right where we need them to be.



1 FAT FROM HERE

- Almond oil
- Avocado oil
- Hazelnut oil
- Macadamia nut oil
- Olive oil *

1 FAT FROM HERE

- Chicken fat, free-range
- Coconut oil *
- Duck fat, free-range
- Ghee, grass-fed
- Lard, pasture-raised
- MCT oil *
- MCT oil powder *

NUTS/SEEDS & THEIR BUTTERS/FLOURS Limit to MAX a small handful a day

- Almonds
- Brazil nuts *
- Cashews
- Chia seeds *
- Coconut
- Flax seeds *
- Hazelnuts
- Hemp hearts *
- Macadamia nuts
- Pecans
- Pine nuts
- Pistachios
- Pumpkin seeds *
- Sesame seeds *
- Sunflower seeds *
- Walnuts

*especially GREAT for weight loss

BEEF, GRASS-FED/FINISHED

- Brisket *
- Broth
- Ground beef, 30% fat *
- Liver *
- New York strip steak
- Pepperoni
- Porterhouse steak
- Prime rib steak
- Rib roast
- Rib-eye
- Ribs
- Roast
- Sausage
- Skirt steak
- T-bone steak

PORK, PASTURE-RAISED

- Bacon, side or slab
- Ground pork
- Pepperoni
- Pork rinds
- Pork shoulder
- Sausage
- Spare ribs

PROTEIN POWDERS

- Collagen, unflavored/unsweetened
- Egg white protein, unflavored/unsweetened
- Gelatin

SEAFOOD

- Anchovy
- Cod
- Crab
- Herring
- Lobster
- Mackerel
- Salmon, wild-caught *
- Sardines *
- Shrimp
- Smoked oysters *
- Squid
- Trout

LAMB, PASTURE-RAISED

- Loin
- Sirloin
- Rib chops

WILD MEATS

- Bison
- Elk
- Goat
- Mutton

POULTRY, FREE RANGE

- Broth
- Eggs
- Liver *
- Thighs, with skin *
- Whole, with skin
- Wings, with skin *

LOW IMPACT CARBS

- Artichoke hearts
- Arugula
- Asparagus
- Avocado
- Bell peppers, organic
- Bok choy *
- Broccoli *
- Cabbage *
- Capers
- Cauliflower *
- Celery, organic
- Chard *
- Collards *
- Cucumbers, organic
- Daikon
- Eggplant
- Endive/escarole
- Fennel
- Garlic *
- Kohlrabi
- Lettuce, organic
- Mushrooms
- Okra
- Olives
- Radishes
- Rhubarb
- Shallots
- Spinach, organic *
- Swiss chard *
- Tomatoes
- Turnips
- Zucchini, non-GMO *

IMPACT CARBS, MAX 1/4 CUP PER DAY

- Artichoke
- Beets
- Blackberries
- Blueberries, organic
- Brussels sprouts
- Buttercup squash
- Carrots
- Celeriac
- Cranberries
- Green Beans
- Jicama
- Kale *
- Lemons *
- Limes *
- Medjool Dates, not more than 3 a week
- Onion
- Pumpkin
- Raspberries
- Rutabaga
- Spaghetti squash
- Strawberries
- Watermelon

*especially GREAT for weight loss

DRINKS

- Non-dairy milk, unsweetened/unflavored
- Coffee, black
- Sparkling water, unsweetened/unflavored
- Tea, black

PANTRY ITEMS

- Cacao nibs
- Cacao powder
- Nutritional yeast
- Exogenous ketones *
- Electrolyte powder *

SNACKS

- Coconut chips, unsweetened/unflavored
- Dark chocolate, unsweetened/unflavored
- Fermented foods (kimchi, sauerkraut, water kefir)
- Kale chips
- Meat sticks
- Pickles
- Seaweed chips
- Sugar-free jerky

CONDIMENTS

- Apple cider vinegar *
- Avocado oil mayo, 100% avocado oil *
- Balsamic vinegar
- Curry paste, unsweetened
- Fish sauce
- Horseradish
- Hot sauce, unsweetened
- Mustard
- Red wine vinegar
- White wine vinegar

FRESH OR DRIED HERBS*, anything goes. Watch for sugar.

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Meal Ideas - Pulling it All Together

I've included links to a bunch of my favorite recipes that align with the food list above. Check out the recipes, get inspiration, and PLAY in the kitchen!

You know how it goes... food blogs these days have a billion pop ups. I'm sorry. I've linked to my website as much as possible (no pop-ups or ads on mine!) but have linked to other keto recipes to add as much variety to your inspiration as possible! As soon as you click on the link, just keep scrolling until you find the recipe!

BREAKFASTS



- [Pesto Breakfast Bowls](#)
- [Breakfast Bake](#)
- [Breakfast Meatloaf](#)
- [Zucchini Nests](#)
- [Cauliflower Hashbrowns](#)
- [Breakfast Salad](#)
- [Asparagus Benedict](#)

MAIN DISHES



- [Fish Sticks](#)
- [Shrimp and Sausage Skillet](#)
- [Dijon Baked Salmon](#)
- [Tuna Zoodle Casserole](#)
- [Cuban Beef Wraps](#)
- [Tandoori Chicken](#)
- [Lamb Chops](#)
- [Mexican Shredded Beef](#)
- [Fish and Fats Plate](#)
- [Mushroom Chicken](#)
- [Meat Plate](#)
- [Mini Burgers - omit sweetener](#)
- [Breaded Shrimp Salad](#)
- [Bacon Wrapped Meatloaf](#)
- [Dill Chicken Salad](#)
- [Chimichurri Wings](#)
- [Shrimp Lettuce Wrap](#)
- [Fish Taco Cabbage Bowl](#)

STEW AND SOUPS



- [Thai Chicken Soup](#)
- [Zucchini Soup](#)
- [Cream of Chicken Soup](#)
- [Pickle Soup](#)
- [Hamburger Soup](#)

SIDE DISHES



- [Salami Crackers & Dip - omit aminos](#)
- [Spicy Wings](#)
- [Bacon Spinach Dip](#)
- [MCT Oil Guacamole](#)
- [No Bake BLT Dip](#)
- [Mini Meatballs](#)
- [Roasted Radishes](#)
- [Roasted Asparagus](#)
- [Oven Roasted Mushrooms](#)
- [Cauliflower Rice](#)

SAUCES



- [Pesto](#)
- [Dipping Sauce](#)
- [Rosemary Cream Dressing](#)
- [Caesar Dressing](#)
- [Walnut Pesto](#)
- [Tzatziki](#)
- [Chicken Marinades](#)
- [Steak Marinades](#)
- [Chimichurri](#)