

Ketogenic Food List

MEATS

EAT any fish

AVOID, tuna, canned, processed, battered, fried or shellfish

EAT any fowl (chicken, turkey, duck, etc.)

AVOID fried, marinated, or added garnishes

EAT beef, pork, lamb, veal, ham, venison, ground round

AVOID sausage, fried beef, hot dogs, Vienna sausage, potted or canned meat. Many of these processed meats contain nitrates that increase the risk of several cancers.

EGGS

Omelets

Hard Boiled

Poached

Scrambled

Deviled

Soft-boiled

CHEESES - AVOID – processed spreads, etc.

Any hard aged cheese

Aged & fresh

Mozzarella

Cow & Goat

Cheddar

Cream Cheese (sparingly)

Swiss

SALAD GREENS

Lettuce

Romaine

Mushrooms

Arugula

Radicchio

Radishes

Parsley

Chives

Fennel

Endive

Celery

Peppers & olives

Chicory

Escarole

Alfalfa sprouts

Cucumbers

Sorrel

VEGETABLES

Snow pea pods

Asparagus

Water chestnuts

Broccoli

Chinese cabbage

Bamboo shoots

Spinach

Beets

Sauerkraut

Avocado

Brussels sprouts

Onions

Kohlrabi

Cabbage

Mushrooms

Turnips

Bean sprouts

Chard

String Beans

Greens

Summer Squash

Kale

Peppers

Okra

Rhubarb

Pumpkin

Zucchini

CONDIMENTS

Salt & pepper, Mustard, Horseradish, Vinegar, Vanilla & other extracts, Dry powdered spice that contains no sugar

Ketogenic Food List

BUTTER/OILS - (no margarine or spreads)

Mayonnaise

Flax oil

Extra virgin olive oil

Real butter

Coconut oil

MCT oil

BEVERAGE LIST – Avoid Plastic Bottles due to potential estrogenic effects

Water - Filtered

Mineral Water

Club Soda

Coffee and Tea

Beef or Chicken bouillon

Decaffeinated tea or coffee

Ketostix

Go to the store and purchase Ketostix urine strips to test for ketones. After a few days you will begin burning body and food fat for energy. When you reach this point the Ketostix will turn purple upon dipping them into your urine. This is where you want to be.

RULES

- Don't worry about calories
- Don't eat when you are not hungry
- Eat enough food that you're not hungry, but stop eating when you are satisfied.
- Eat no refined or packaged foods.
- Slow down while eating and take time to chew.
- Maintain a minimum consumption of six – 8oz. Glasses of filtered / purified water daily.
(Avoid tap water)

ADDITIONAL INFORMATION

If you find yourself getting weak or fatigued during diet, you may be electrolyte depleted. Add some salt to your diet as well as some parsley, watercress or other high potassium foods. (Don't use bananas; they will bring you out of ketosis.)

Fruits are very high in carbohydrates. If any are eaten on the diet, you should only have them with one meal per day and only a couple of times per week while on the diet. The reason is that they tend to bring you out of ketosis.

Need some ideas to make delicious ketogenic dishes? [Check out the Charlie Foundation.](#)