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KETO CHEAT SHEET

Unlimited

Eat as much as you want. Don't worry about calories



Eggs, Meat & Seafood

Avoid breaded, cured or glazed with sugar/honey

- > Bacon
- > Beef (all cuts)
- > Chicken
- > Crab
- > Duck
- > Eggs
- > Goat
- > Lamb
- > Lobster
- > Pork (all cuts)
- > Rabbit
- > Salmon
- > Sausage
- > Shrimp
- > Turkey
- > Shrimp



Vegetables

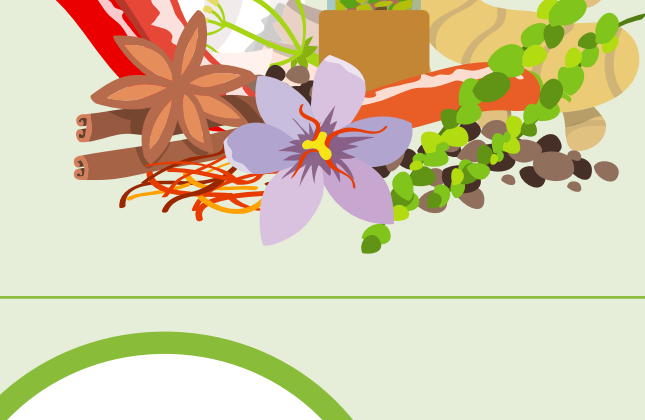
Eat raw or lightly steamed. No starchy veggies

- > Asparagus
- > Bok Choy
- > Broccoli
- > Brussels Sprouts
- > Cauliflower
- > Celery
- > Cucumber
- > Collards
- > Kale
- > Lettuce
- > Spinach
- > Radish
- > Zucchini
- > Chard
- > Cabbage

Condiments, Herbs & Spices

- > Blue Cheese
- > Ranch
- > Italian
- > Caesar
- > Buffalo Sauce
- > Garlic
- > Vinegar
- > Salt & Pepper
- > Sriracha
- > Ginger
- > Horseradish
- > Mustard
- > Pickle
- > Olives
- > Salsa
- > Hot Sauce

- > Taco Sauce
- > Worcestershire
- > Soy Sauce
- > Hummus
- > Chives
- > Oregano
- > Cumin
- > Paprika
- > Cinnamon



Fats & Oils

Avoid: Canola oil, peanut oil, margarine and vegetable oil

- > Butter
- > Bacon Grease
- > Coconut Oil
- > Olive Oil
- > Walnut Oil
- > Mayonnaise
- > Lard
- > Cacao Butter
- > Palm Oil
- > Ghee



Dairy

No milk, low fat or fat free

- > Blue Cheese
- > Brie
- > Butter
- > Cheddar
- > Colby
- > Feta
- > Cream Cheese
- > Provolone
- > Mozzarella
- > Parmesan
- > Gouda
- > Asiago

Drinks & Dessert

Only unsweetened beverages

- > Water
- > Club Soda
- > Sugar-Free Jello
- > Coffee
- > Seltzer Water



Limit

3 of any item per day or less



Meat & Seafood

- > Hot Dogs (2)
- > Bologna (3 pcs)
- > Pepperoni (3 oz)
- > Salami (3 oz)
- > Beef Jerky (3 oz)
- > Clams (3 oz)
- > Oyster (3/4 c)
- > Scallops (3 oz)
- > SPAM (4 oz)



Nuts & Seeds

- > Almonds (25)
- > Brazil Nuts (15)
- > Pecans (1/2 c)
- > Pumpkin Seeds (1/4 c)
- > Cashews (9)
- > Macadamias (1/2 c)
- > Walnuts (3/4 c)
- > Pistachios (1/3 c)

Vegetables

- > Avocado (1)
- > Eggplant (1 c)
- > Mushrooms (1/2 c)
- > Squash (3/4 c)
- > Tomato (1 lg or 10 Cherry)
- > Artichoke (1)
- > Bell Pepper (1)
- > Pumpkin (3/4 c)
- > Snap Pea Pods (1/2 c)
- > Onion (1/4 c)



Dairy

- > Heavy Cream (1/2 c)
- > Cottage Cheese (3/4c)



Sweets

- > Dark Chocolate 70% Cocoa 20g
- > Reddi Whip (1/2 c)



Fruit

- > Blackberries (3/4 c)
- > Blueberries (1/3 c)
- > Cherries (1/3 c)
- > Cranberry (3/4 c)
- > Raspberries (3/4 c)
- > Strawberry (5)



Beverages

- > Liquor (5 oz)
- > Wine, Red Dry (6 oz)
- > Wine, White Dry (6 oz)
- > Champagne (8 oz)
- > Coconut Water (3/4 c)



TIPS

- > Carbs per Day : 20g NET carbs
- > NET CARBS: Total carbs – Fiber = NET carbs
- > General rule for unlisted items. If NET carbs for serving <6g, its ok

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