



EASY KETO LOW-CARB RECIPES

KETO LOW-CARB SHARI MAC

You Have Everything to Lose

KETO FOOD LIST



CHEESE



- Asiago
- American cheese
- Blue Cheese
- Bocconcini
- Brie
- Camembert
- Cheddar
- Cottage Cheese
- Cream Cheese
- Feta
- Fresh Goat Cheese
- Grana Padano
- Halloumi
- Lebneh
- Monterey Jack
- Mozzarella
- Parmigiano-Reggiano
- Parmesan
- Pecorino
- Provolone
- Ricotta
- Swiss cheese

CONDIMENTS & SPICES:

- Salt
- Basil
- Black Pepper
- Chili Powder*
- Curry Powder*
- Cinnamon*
- Chives
- Dill
- Most sugar-free Hot Sauces
- Mustard
- Oregano
- Rosemary
- Thyme



* Limit spices to a teaspoon. They have a bit more trace net carbs than the other spices listed.

DAIRY & SUBSTITUTES:

- Almond Milk
- Butter
- Cashew Milk
- Coconut Milk
- Coconut Cream
- Dairy Cream
- Ghee
- Half and Half
- Kefir
- Low-Carb Dairy Milk
- Sour Cream
- Soy Milk
- Table Cream
- Whipping Cream
- Yoghurt

FATS & OILS

- Avocado Butter & Oil
- Bacon Fat
- Beef Tallow
- Butter
- Chicken Fat
- Coconut Oil
- Cod Liver Oil
- Duck Fat
- Flax Seed Oil
- Ghee
- Hemp
- Lard
- MCT Oil
- Olive Oil
- Palm Oil
- Seal Oil
- Walnut



FISH:



- Basa
- Catfish
- Cod
- Mackerel
- Salmon
- Sardines
- Sea Bass
- Sole
- Sword Fish
- Tilapia
- Trout
- Tuna

FLOURS:

- Almond Flour
- Acorn Flour
- Chia Flour
- Coconut Flour
- Egg Powder
- Egg White Powder
- Flaxseed Meal
- Psyllium Husk Powder
- Lupin Flour
- Oat Fiber
- Pork Rind Flour
- Wheat Gluten



FRUITS:

- Avocado
- Blackberries
- Blueberries
- Cranberries
- Cantaloupe
- Lemon
- Lime
- Raspberries
- Strawberries
- Rhubarb
- Watermelon



NUTS:

- Almonds
- Brazil Nuts
- Cashews
- Hazelnuts
- Macadamia
- Peanuts
- Pecans
- Pine Nuts
- Pistachios
- Walnuts



MEAT:

- Beef
- Buffalo
- Elk
- Lamb
- Pork
- Rabbit
- Venison



POULTRY & EGGS

- Chicken
- Chicken Eggs
- Fish Eggs
- Duck
- Duck Eggs
- Turkey





SALAD DRESSINGS:

- Avocado
- Blue Cheese
- Feta
- Italian
- Ranch
- Tahini
- Vinaigrettes



SAUCES:

- Aioli
- Alfredo
- Butter Sauce
- Caesar
- Cheese Sauce
- Chili Sauce
- Coconut Amino
- Hot Sauce
- Fish Sauce
- Garlic Sauce
- Ketchup (Low-Carb)
- Marinara
- Mustard Sauce
- Pizza Sauce
- Soy Sauce
- Sugar-Free BBQ Sauce
- Tartar Sauce
- Vinegars



SEAFOOD:

- Clams
- Crab
- Lobster
- Mussels
- Octopus
- Oysters
- Scallops
- Shrimp
- Squid

SEEDS:

- Chia Seeds
- Flax Seeds
- Pumpkin Seeds
- Sesame Seeds (White & Black)
- Sunflower Seeds



VEGETABLES:

- Artichoke
- Asparagus
- Arugula
- Bok Choy
- Broccoli
- Brussels Sprouts
- Butternut Squash
- Butter Lettuce (Boston)
- Cauliflower
- Cabbage
- Celery
- Cucumber
- Chicory Greens
- Eggplant
- Green Beans
- Green Peppers
- Kale
- Mushrooms
- Onions
- Pumpkin
- Spaghetti Squash
- Soy beans
- Spinach
- Radishes
- Romaine Lettuce
- Spinach
- Swiss Chard
- Tomato
- Zucchini

