

KETOGENIC DIET FOOD LIST...via: FactorReady.com...Spring 2017...

Ketogenic Diet Food List... (excerpts for a Low Carb, High Fat, Moderate Protein Diet)...
<http://nobunplease.com/ketogenic-diet-food-list/>

This Ketogenic Diet Food List will make your grocery shopping easy!

Fat Sources...

- Coconut oil, Olive oil, Flaxseed oil, Red Palm oil, Avocado oil, Macadamia Nut oil, MCT oil
- Tallow
- Duck fat
- Butter
- Ghee
- Avocado/Guacamole Sour Cream

Meats/Proteins...

When buying meats, you want to try and get those with a good fat content. If you are using lean meat, add fat to it like butter or coconut oil if you are trying to reach your fat macro.

- Bacon
- Steak
- Ground beef
- Eggs
- Ribs (Pork/Beef/Lamb)
- Roasts (Pork/Beef/Lamb)
- Pork Loin, Chops & Steaks
- Chicken (skin-on breasts, thighs, wings, drumsticks)
- Ham
- Sausages
- Deli meats (double check nutrition for certain brands that use carb fillers)
- Cured Meats (pepperoni, salami, prosciutto)

Seafood (canned or fresh)...

- Shrimp
- Lobster
- Tilapia
- Cod
- Scallops
- Crab
- Tuna
- Albacore
- Salmon
- Sardines
- Oysters

Dairy...

The key to finding keto-friendly dairy is to look at the carb and sugar content. Regular cows milk is generally out as it's fairly carb heavy, but heavy creams are a great and tasty substitute. E

- Full-fat cheeses
- Heavy whipping cream
- Full-fat sour cream
- Butter (avoid margarines)
- Full-fat cream cheese

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Vegetables...

You will want your carb sources to basically be vegetables/limited fruits. The purpose of this diet is to eat high fat, moderate protein, and low carbohydrate.

- Asparagus
- Squash (spaghetti, butternut, etc.)
- Peppers (jalapeno, bell, banana, green, etc.) *
- Mushrooms
- Cucumbers
- Cabbage
- Brussel sprouts
- Cauliflower
- Various leafy greens (spinach, romaine, arugula, bib lettuce, cabbage, kale, etc.)
- Green Beans
- Broccoli
- Artichoke hearts
- Garlic *
- Onion *

Fruits...

- Avocado
- Blueberries *
- Raspberries *
- Blackberries *
- Strawberries *
- Cranberries *

Nuts & Seeds...

Be careful when consuming nuts. They are extremely easy to overeat and they do have a carb content. This includes nut butters.

- Almonds *
- Hazelnuts *
- Macadamias *
- Pistachios *
- Walnuts *
- Pecans *
- Sesame seeds *
- Sunflowers seeds *
- Pumpkin seeds *
- Flax seeds *

Condiments...

- Mayonnaise
- Mustard
- Soy sauce (tamari if you're eating gluten-free like me)
- Hot sauce
- Salad dressings (full-fat Ranch, Caesar, Bleu Cheese, Italian) *
- Lemon/Lime Juice
- Salt & Pepper

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Misc...

- Cocoa powder (unsweetened)
- almond milk (unsweetened)
- coconut milk/cream (unsweetened)
- Almond meal/flour
- Olives
- Pickles
- Herbs
- Spices
- Pork Rinds
- Beef Jerky
- Dark Chocolate (85% cocoa+)

Sweeteners...

- Erythritol
- Stevia
- Splenda (less than 5g daily)

Items marked with an asterisk have a carb content and need to be moderated Fat.
Stick this on your refrigerator or print out a copy to take with you to the grocery store!

This is just a simple and barebones version of a ketogenic diet food list. It will then be your choice to decide whether some things are worth purchasing, like diet sodas, for example. Always read the food labels to make sure they are low in carbs! Foods commonly removed would include: Candy, Pastry, Bread, Potatoes, Rice, Cereals, Pasta, and Crackers.

PS from FactorReady.com: Important Notes: Avoid Sugars and Starches on the Ketogenic Diet. From a health and anti-cancerous standpoint, any and all meats consumed should be the grass fed (free range) variety. If unavailable locally, see web sites such as texasgrassfedbeef.com for sources. Keep in mind that commercial store processed meats are generally from stock yard grain fed animals and fish farms, which meat is reportedly very subject to contain mycotoxins, antibiotics, preservatives, additives, food coloring, etc. For more food details and to acquire considerable health and ketogenic information, see the book, "The Real Diet of Man" by Ted E. Slanker, Jr. This is a free pdf download book that may be found at texasgrassfedbeef.com. Also, we highly recommend "The Cancer Revolution" book by Leigh Erin Connealy, MD, located at connealymd.com. She advocates the Ketogenic diet. Plus, her book is must-reading for anyone with cancer, or wishing to recover from and/or prevent this rampant disease. Also see our Health tab article and specific pdf health articles under Downloads at our site. Should your system not adopt well to the ketogenic type of diet, several others with good anti-cancer track records are also described with web sites set out that you may wish to explore. Dr. Connealy for example, suggests a plant food based diet be utilized in these instances. Be aware too, that some medical members, such as the late Dr. Nicolas Gonzales (who was successful using enzyme involved treatments with pancreatic cancer patients) did not feel the ketogenic type of diet was best for long term usage.

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