

Keto Diet Food List

Meats

Ground Beef
Ground Pork
Beef Steak (Ribeye)
Pork Roast
Beef Chuck Roast
Ham
Whole Chicken
Chicken Breast
Chicken Thighs
Sugar-Free Bacon
Sausage (all kinds)
Sugar-Free Luncheon Meat
Albacore Tuna
Wild Caught Salmon

Dairy

Cheddar Cheese
Colby Jack Cheese
Mozzarella Cheese
Provolone Slices
Swiss Slices
Fresh Parmesan
Bleu Cheese
Feta Crumbles
Brie
Heavy Whipping Cream

Frozen

Broccoli
Cauliflower
Asparagus
Riced Cauliflower
Spiralized Zucchini
Butternut Squash
Blueberries
Strawberries
Raspberries
Blackberries

Dry Goods

Almond Flour
Bone Broth
Chicken Stock
Beef Stock
Vegetable Stock
Canned Tomatoes
Canned Tuna
Canned Salmon
Canned Mackerel
Canned Sardines
Peanut Butter
Almond Butter
Sunflower Butter
Sugar-Free Preserves
Sugar-Free Syrup
Swerve Sweetener

Produce

Broccoli
Cauliflower
Bell Pepper
Onion
Asparagus
Zucchini
Yellow Squash
Kale
Cabbage
Spinach
Brussel Sprouts
Green Beans
Avocado
Blueberries
Strawberries
Raspberries
Blackberries

Snacks

Pork Rinds
Beef Jerky
Whisps Cheese Crackers
Simply Mills Brand Almond
Flour Crackers
Mixed Nuts
Sunflower Seeds
Pumpkin Seeds
Sugar-Free Candy
Sugar-Free Protein Bars
Protein Powder
Sugar-Free Jello