

WHAT CAN I EAT?

MEAT

As much as possible choose grass-fed or organic meats. Enjoy the fat & skin!

- **Bacon** try to find nitrate/nitrite free & with lowest carb (sugar) content
- Beef
- Chicken
- Duck
- Game
- Lamb
- Pork
- Turkey
- All cured meats cured with the least amount of sugar and nitrate/nitrite free
- All sausages containing only sausage and spice-avoid fillers like gluten, soya, sugar etc

EGGS

Any way you like for any meal. Organic if possible.

FRUIT

Very sparingly if at all especially in the beginning phases

- Blueberries
- Blackberries

FISH/SEAFOOD

The oilier the better

- Anchovies
- Angelfish

- Calamari
- Dorado
- Haddock
- Hake
- Kob
- Mackerel
- Mussels
- Prawns
- Salmon
- Sardines
- Scallops
- Snoek
- Squid
- Trout
- Tuna
- Yellowtail

DRINKS

- Coffee with cream, butter, or MCT oil – no milk
- Water
- Bula bobble keto friendly fruit & veggies infusions
- Herbal teas sugar free

VEGGIES

Rule of thumb: veggies above ground ok, veggies below ground not ok.

- Avocado
- Asparagus
- Artichokes
- Aubergine
- (brinjal, eggplant)
- Broccoli
- Brussel
- Sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Green bean
- Kale
- Lettuce
- Mushrooms

- Olives
- Onions
- Peppers
- Pumpkin
- Radishes
- Spinach
- Sugar snaps /snow peas
- Tomatoes

SWEETNERS

- Monkfruit
- Swerve
- Erythritol
- Xylitol
- Stevia

FATS

- Bacon fat
- Beef tallow
- Butter
- Coconut cream
- Coconut milk
- Coconut oil
- Dripping
- Duck fat
- Ghee
- Heavy cream Non hydrogenated
- Lard
- Mayonnaise (homemade)

SEEDS

- Chia seeds
- Flax seeds
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds

FLOUR

- Almond Flour
- Coconut flour

- Hazelnut flour
- Other nut flours
- KetoFuel

NUTS

- Almonds
- Brazil nuts
- Hazelnuts
- Macadamias
- Pecans
- Pine nuts
- Walnuts

DAIRY

(all full fat)

- Blue cheeses
- Butter
- Cream
- Cream Cheese
- Feta Cheese
- Ghee
- Greek Yogurt (unsweetened)
- Parmesan cheese
- All other high fat cheeses

Use delicious guilt free keto versions for breads, pasta, rice, potatoes, and deserts! Ask for these easy recipes or attend one of our live or online cooking classes!

Quick Tips

MAKE SURE YOUR MEALS ARE HIGH-FAT, LOW CARBOHYDRATE.

One common problem is that people eat low carbohydrate meals but aren't adding enough fat. For example, if you have a grilled chicken salad with no croutons or bread, it may be low carbohydrate, but chicken is protein, not fat. High fat means ideally 3 times more fat than protein. So, if your meal isn't already high-fat, then you need to find a way to add more good fats to your meal.

IDEAS for SIMPLE SOURCES OF GOOD FATS:

- Butter (melt these on your meats, vegetable)
- Avocados
- Cream Cheese (note that many types of cheese may be higher in protein, and won't contribute a lot of extra fat)
- MCT Oil
- Coconut Oil
- Olives (we don't recommend olive oil as it easily oxidizes)
- Egg yolks
- Heavy Cream
- Sour Cream (make sure it's not "fat free" which is made with corn starch instead of fat)

ADD MORE NATURAL SALT, especially something like Real Salt.

Our liver uses salt in order to break down fat (triglycerides) into ketones. You can try adding more salt, especially when you're dealing with cravings.

MAKING SURE THE BOWELS ARE MOVING PROPERLY.

Our bodies use calcium to process proteins, and magnesium to process fats. If you're not having regular bowel movements, try increasing the vegetables in your diet (of course we like to add extra butter and salt to them!), and increasing magnesium with a product such as the Relax.

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