

PRINTABLE KETOGENIC DIET FOOD LIST

In order to help you maintain a healthy Ketogenic Diet plan, here we have a food list. Here we have some of the food items that you can include in your diet to make it more delicious and nutritious. You'll find a list of ketogenic diet vegetables, meats, beverages, fruits, herbs, grains, oils that are allowed on the keto diet. Keep the list with your every time on your trip to the grocery store, so you will not miss anything. Let's get started!



| ALWAYS ✓ | SOMETIMES ⚠ | NEVER ✗ |
|--------------------|---------------|--------------|
| Brain Octane Oil ✓ | Nut Butters ⚠ | Canola Oil ✗ |
| Avocado Oil ✓ | Hazelnut ⚠ | Cashews ✗ |

| ALWAYS ✓ | SOMETIMES ⚠ | NEVER ✗ |
|------------------|-------------------|-----------------|
| Fish Oil ✓ | Pistachios ⚠ | Sunflower Oil ✗ |
| Coconut Oil ✓ | Pecan ⚠ | Margarine ✗ |
| Olive Oil ✓ | Brazil Nuts ⚠ | |
| MCT Oil ✓ | Almond ⚠ | |
| Avocado ✓ | Pumpkin Seeds ⚠ | |
| Cocoa Butter ✓ | Sunflower Seeds ⚠ | |
| Chia Seeds ✓ | Sesame Seeds ⚠ | |
| Walnuts ✓ | | |
| Pecans ✓ | | |
| Flax Seeds ✓ | | |
| Macadamia Nuts ✓ | | |
| Pine Nuts ✓ | | |
| Butter ✓ | | |
| Hazelnuts ✓ | | |
| Yogurt ✓ | | |

| ALWAYS ✓ | SOMETIMES ⚠ | NEVER ✗ |
|------------------|-------------|---------|
| Full-Fat Dairy ✓ | | |
| Cream ✓ | | |


































| ALWAYS ✓ | SOMETIMES ⚠ | NEVER ✗ |
|--------------|-----------------------|-------------|
| Fatty Fish ✓ | Poultry ⚠ | Cold Cuts ✗ |
| Sardines ✓ | Pasture-Raised Eggs ⚠ | Turkey ✗ |

| ALWAYS ✓ | SOMETIMES ⚠ | NEVER ✗ |
|----------------------|--|----------------|
| Salmon ✓ | Bacon ⚠ | Ham ✗ |
| Mackerel ✓ | Tofu ⚠ | Cured Meats ✗ |
| Low-Carb Shellfish ✓ | Whey Protein Powder ⚠ | Pepperoni ✗ |
| Lobster ✓ | White Meat ⚠ | Salami ✗ |
| Crab ✓ | Low-Fat Dairy (Butter, Milk, Yogurt) ⚠ | Prosciutto ✗ |
| Shrimp ✓ | Greek Yogurt ⚠ | Breaded Meat ✗ |
| Poultry ✓ | | |
| Beef ✓ | | |
| Dark Meat ✓ | | |
| Lamb ✓ | | |
| Bison ✓ | | |
| Pork ✓ | | |
| Organ Meat ✓ | | |
| Tripe ✓ | | |
| Tongue ✓ | | |

| ALWAYS ✓ | SOMETIMES ⚠ | NEVER ✗ |
|------------------|-------------|---------|
| Liver ✓ | | |
| Full-Fat Dairy ✓ | | |
| Butter ✓ | | |
| Milk ✓ | | |
| Yogurt ✓ | | |



| ALWAYS ✓ | SOMETIMES ⚠ | NEVER ✗ |
|----------|-------------|---------|
|----------|-------------|---------|

| ALWAYS  | SOMETIMES  | NEVER  |
|--|---|---|
| | Kiwi  | Peaches  |
| | Raspberries  | Cantaloupe  |
| | Strawberries  | Dried Fruit  |
| | Blackberries  | Watermelon  |
| | Coconut Meat  | Blueberries  |
| | Lime Juice  | Plums  |
| | Rhubarb  | Apples  |
| | Lemon Juice  | Cranberries  |
| | Tomato  | Grapes  |
| | Honeydew  | Pears  |
| | Avocado  | Oranges  |
| | Olives (Black, Green)  | Bananas  |
| | | Apricots  |
| | | Pineapple  |
| | | Cherries  |
| | | Mango  |

| ALWAYS ✓ | SOMETIMES ⚠ | NEVER ✘ |
|----------|-------------|----------|
| | | Papaya ✘ |



| ALWAYS ✓ | SOMETIMES ⚠ | NEVER ✘ |
|------------------|-------------|------------------|
| Leafy Greens ✓ | Eggplant ⚠ | Leek ✘ |
| Collard Greens ✓ | Carrots ⚠ | Sweet Potatoes ✘ |













| ALWAYS ✓ | SOMETIMES ⚠ | NEVER ✗ |
|------------------|--------------------|-----------------|
| Kale ✓ | Bell Peppers ⚠ | Ginger ✗ |
| Romaine ✓ | Onions ⚠ | Potatoes ✗ |
| Spinach ✓ | Brussels Sprouts ⚠ | Beets ✗ |
| Mustard Greens ✓ | Broccoli ⚠ | Corn ✗ |
| Arugula ✓ | Fennel ⚠ | Pumpkin ✗ |
| Bok Choy ✓ | Jicama ⚠ | Winter Squash ✗ |
| Swiss Chard ✓ | | Spaghetti ✗ |
| Cauliflower ✓ | | Artichoke ✗ |
| Asparagus ✓ | | Butternut ✗ |
| Celery ✓ | | |
| Broccoli Rabe ✓ | | |

| ALWAYS ✓ | SOMETIMES ⚠ | NEVER ✗ |
|-----------------|-------------|---------|
| Sprouts ✓ | | |
| Mushrooms ✓ | | |
| Alfalfa ✓ | | |
| Cucumbers ✓ | | |
| Bean ✓ | | |
| Zucchini ✓ | | |
| Summer Squash ✓ | | |

GRAINS & LEGUMES



| ALWAYS ✓ | SOMETIMES ⚠ | NEVER ✗ |
|----------|----------------------|----------------|
| | Edamame ⚠ | Chickpeas ✗ |
| | White Kidney Beans ⚠ | Peanuts ✗ |
| | Black Soybeans ⚠ | Lentils ✗ |
| | | Peas ✗ |
| | | Kidney Beans ✗ |
| | | Black Beans ✗ |
| | | Navy Beans ✗ |
| | | Lima Beans ✗ |

| ALWAYS  | SOMETIMES  | NEVER  |
|--|---|--|
| | | Corn  |
| | | Pinto Beans  |
| | | Farro  |
| | | Quinoa  |
| | | Oats  |
| | | Wheat  |
| | | Rye  |
| | | Popcorn  |
| | | Rice (Brown, White and Wild)  |



| ALWAYS ✓ | SOMETIMES ⚠ | NEVER ✗ |
|-----------|-----------------|---------|
| Pepper ✓ | Oregano ⚠ | |
| Salt ✓ | Onion Powder ⚠ | |
| Basil ✓ | Garlic Powder ⚠ | |
| Cumin ✓ | Ginger ⚠ | |
| Dill ✓ | Mustard ⚠ | |
| Cayenne ✓ | Turmeric ⚠ | |

| ALWAYS ✓ | SOMETIMES ⚠ | NEVER ✗ |
|---------------------------------------|-------------|---------|
| Parsley ✓ | Ketchup ⚠ | |
| Cilantro ✓ | | |
| Thyme ✓ | | |
| Rosemary ✓ | | |
| Full-Fat Mayonnaise ✓ | | |
| Paprika ✓ | | |
| Homemade Fat Dressing for the Salad ✓ | | |
| Ranch ✓ | | |

BEVERAGES



| ALWAYS ✓ | SOMETIMES ⚠ | NEVER ✗ |
|-----------------|----------------|------------------|
| Water ✓ | Seltzer ⚠ | Soda ✗ |
| Herbal Tea ✓ | Low-Fat Milk ⚠ | Alcohol ✗ |
| Bone Broth ✓ | Almond Milk ⚠ | Flavored Water ✗ |
| Full-Fat Milk ✓ | Coffee ⚠ | Fruit Juice ✗ |
| Green Tea ✓ | Milk Tea ⚠ | |



| ALWAYS ✓ | SOMETIMES ⚠ | NEVER ✗ |
|----------|-------------------------------|-------------------------|
| | Fat Bombs ⚠ | Sugar Alcohols ✗ |
| | 70 or Higher Dark Chocolate ⚠ | Mannitol ✗ |
| | | Sorbitol ✗ |
| | | Xylitol ✗ |
| | | Artificial Sweeteners ✗ |

CONCLUSION

Use this printable ketogenic diet food list as your guide when planning your ketogenic meals and helping you stay on track! For more information on the ketogenic diet, [check out this post](#).

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