



Clean Keto

WHAT TO EAT

MEAT

- Bacon (no sugar added)
- Beef
- Beef Jerky
- Bison
- Chicken
- Lamb
- Pork
- Steak
- Turkey
- Clean Deli Meat (I love Applegate)
- Veal
- Venison

FISH

- Cod
- Crab
- Halibut
- Lobster
- Mackerel
- Mussels
- Oysters
- Salmon
- Sardines
- Scallops
- Shrimp
- Trout
- Tuna

FLOUR

- Almond Flour
- Coconut Flour
- Psyllium Husk
- Ground Flax Meal
- Xanthan Gum

FATS

- Avocado Oil
- Ghee or Clarified Butter
- Coconut Butter
- Coconut Oil
- Almond Butter
- Olive Oil
- Mayo (homemade or clean)
- MCT Oil
- Canned coconut milk

Dairy free cheese, cream cheese & sour cream (check for clean ingredients)

FRUIT

- Avocado
- Blueberries*
- Blackberries*
- Coconut
- Lime
- Lemons
- Olives
- Raspberries*
- Strawberries*
- Tomatoes*

NUTS & SEEDS

- Almonds
- Brazil Nuts
- Hazelnuts
- Macadamia Nuts
- Pecans
- Pine Nuts
- Flaxseed
- Hemp Seed
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds

VEGGIES

- Artichokes
- Asparagus
- Broccoli
- Brussel Sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Garlic
- Green Beans
- Kale
- Kimchi
- Lettuce
- Mushrooms
- Okra
- Onions
- Peppers
- Pumpkin
- Radishes
- Sauerkraut
- Spinach
- Zucchini
- Jicama
- Leeks

*Use in moderation

EGGS

- Any how you prefer
- Free range is best!

DRINKS

- Coffee
- Tea (no added sugar)
- Bone Broth
- Lemon water