

KETO-FRIENDLY

foods list.

HEALTH ESSENTIALS



FOODS

- Canned cod liver oil
- Canned tuna & salmon
- Canned sardines
- Free range organic eggs
- Fermented pickles
- Kimchi & sauerkraut
- Water buffalo yogurt
- Grassfed or raw cheeses
- Assorted nut butters
- Bone Broth - Chicken, beef or bison
- Low carb granola
- Musli
- Konjac noodles, spaghetti & rice
- Kelp noodles
- Shirataki noodles
- Local grassfed & grass finished meat
- Coconut wraps

SNACKS

- Meat sticks
- Local smoked oysters
- Crackers
- Pork crisps
- Macadamia nuts
- Seaweed snacks
- Coconut chips
- Sprouted pumpkin seeds
- Sprouted almonds
- Hemp hearts & seeds
- Low carb gummy bears
- Kale chips
- Ketone bars
- Collagen bars
- Low-carb protein bars
- Sugar free chocolate bars
- Low carb chocolate bars

DRINKS

- Kevita Lemon Cayenne
- Cold brew coffee
- Instant ketogenic coffee, tea, hot chocolate
- Coffee creamer

SAUCES

- Assorted avocado oil mayos
- Assorted avocado oil dressings
- Tomato sauce
- Sugar-free BBQ sauce
- No added sugar ketchup
- Zero carb mustard
- Guacamole
- Sour cream
- Pesto
- Sriracha sauce
- Miso paste

FATS

- Beef tallow
- Pork lard
- Rendered duck fat
- Grassfed butter
- Ghee
- Coconut oil
- Raw coconut butter
- Coconut milk
- Coconut cream
- MCT oil
- Emulsified MCT oil
- Biodynamic olive oil
- Red palm oil
- Pure caprylic acid

BAKING

- Almond flour
- Coconut flour
- Monk fruit sweetener
- Organic stevia
- Baking chocolate
- Gelatin
- MCT powder
- Coconut milk powder
- Sugar-free chocolate chips

SUPPLEMENTS

- Instant ketones
- Brain Octane
- Collagen & gelatin
- L-Carnitine
- Magnesium
- Berberine
- Electrolyte liquid & powder
- Bone broth protein powder

1. Keto-Genesis Cookbook
2. BulletProof Cookbook
3. Netflix: "The Magic Pill"

4. Dom D'Agostino: ketonutrition.org
5. YouTube: Diets Against Disease
3. Recipes: dietdoctors.com

Friendly Foods

Julie Abraham



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