



Keto Cheat Sheet

What to Eat and Avoid on a Keto Diet?

Eggs, Neat & Seafood	Vegetables	Condiments, Herbs & Spices
<p>Avoid breaded cured or glazed with sugar/honey</p> <ul style="list-style-type: none"> • Bacon • Beef(all cuts) • Chicken • Crab • Duck • Eggs • Goat • Lumb • Lobster • Pork (all cuts) • Rabbits • Salmon • Sausage • Shrimp • Turkey 	<p>Eat raw or lightly steamed, No starchy veggies beans & potatoes.</p> <ul style="list-style-type: none"> • Asparagus • Bok Chay • Broccoli • Brussels Sprouts • Cauliflower • Celery • Cucumber • Cokkards • Kale • Lettuce • Spinach • Radish • Zucchini • Chard • Cabbage 	<ul style="list-style-type: none"> • Blue Cheese Dressing • Ranch • Italian • Cesar • Buffalo Sauce • Garlic • Ginger • Horseradish • Mustard • Pickle • Olives • Salsa • Vinegar • Sriracha • Hot Sauce • Taco Sauce • Soy Sauce • Hummus • Salt & Pepper • Chives • Oregano • Cumin • Paprika • Cinnamon
<p>Fats & Oils</p>	<p>Dairy</p>	<p>Drinks & Dessert</p>
<p>Avoid canola oil, peanut oil, margarine, vegetable oil</p> <ul style="list-style-type: none"> • Butter • Bacon grease 	<p>No milk, nothing low-fat or fat free.</p> <ul style="list-style-type: none"> • Blue Cheese • Brie 	<p>Only unsweetened beverages.</p> <ul style="list-style-type: none"> • Water • Coffee • Club Soda

<ul style="list-style-type: none"> • Coconut oil • Olive Oil • Walnut oil • Mayonnaise • Lard • Cacao butter • Palm oil • Ghee 	<ul style="list-style-type: none"> • Butter • Cheddar • Colby • Feta • Cream Cheese • Provolone • Mozzarella • Parmesan • Gouda • Asia go 	<ul style="list-style-type: none"> • Seltzer Water • Sugar Free • Jell-o
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Limited: 3 of these per day or less serving size in parentheses

Meat & SeaFood	Nuts & Seeds	Vegetables
<ul style="list-style-type: none"> • Bologna (3 pcs) • Pepperoni (3oz) • Salami (3oz) • Beef Jerky (3oz) • Clams (3oz) • Oyster (¾ c) • Scallops (3oz) • Spam (4oz) 	<ul style="list-style-type: none"> • Almonds (25) • Brazil Nuts (15) • Pecans(½ c) • Pumpkin Seeds (¼ c) • Cashews (9) • Macadamias (½ c) • Walnuts (¾ c) • Pistachios (⅓ c) 	<ul style="list-style-type: none"> • Avocado (1) • Eggplant(½ c) • Mushrooms(¾ c) • Squash(¾ c) • Tomato(1 lg or 10 Cherry) • Artichoke(1) • Bell Pepper(1) • Pumpkin(¾ c) • Snap pea pods(½ c) • Onion(¼ c)

Dairy	Fruit	Beverages
<ul style="list-style-type: none"> • Heavy Cream (½ c) • Cottage Cheese (¾ c) 	<ul style="list-style-type: none"> • Blackberries(¾ c) • Blueberries (⅓ c) • Cherries (⅓ c) • Cranberry (¾ c) • Raspberries (¾ c) • Strawberry (5) 	<ul style="list-style-type: none"> • Liquor (5 oz) • Wine Red Dry (6 oz) • Wine White Dry (6 oz) • Champagne (8 oz) • Coconut Water (¾ c)

Sweets Tips	Tips
<ul style="list-style-type: none"> • Dark Chocolate 70% cocoa 20g • Reddi-Wip (½ c) 	<ul style="list-style-type: none"> • Crabs Per Day 20g Net Carbs • Net Carbs Total carbs - Fiber =Net Carbs • General rule for unlisted items: if Net carbs for serving 6. It's Ok.

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