

Ketogenic Program - Shopping List

When following a ketogenic diet, you will want to keep your total carbohydrate intake **below 50 g per day**. This can be quite a change, depending on what types of foods you are currently eating. The information in the following sections will help you to plan your meals and snacks so that you can keep carbohydrates low while eating enough protein and fat. Your practitioner can help you with recommendations for daily servings in each of the following categories.

Foods to Enjoy

Nonstarchy Vegetables

- Artichoke
- Asparagus
- Bamboo shoots
- Bean sprouts
- Bitter melon
- Bottle gourd
- Broccoli
- Brussels sprouts
- Cabbage (bok choy, green, nappa, red, savoy)
- Cauliflower
- Celery
- Celery root
- Cucumber
- Eggplant
- Green or string beans
- Hearts of palm
- Jerusalem artichoke
- Kimchi
- Kohlrabi
- Leeks
- Leafy greens (arugula, beet, collard, dandelion, endive, escarole, kale, spinach, Swiss chard, radicchio, watercress)
- Lettuce (Boston bibb, butter, frisee, green leaf, red leaf, romaine)
- Mushrooms
- Okra
- Onions (green, brown, red, scallions, shallot, spring, white, yellow)
- Peppers (bell, jalapeño, poblano, sweet) Radishes (daikon, cherry belle, white icicle, watermelon)
- Rutabaga
- Sauerkraut
- Sea plants (aramé, dulse, kombu, kelp, nori)
- Sprouts

- Sugar snap peas, snow peas
- Summer squash (crookneck, delicata, yellow, spaghetti, zucchini, patty pan)
- Tomatoes
- Turnips
- Water chestnuts

Dairy

- Kefir, plain
- Milk
- Yoghurt, plain, full-fat/whole milk, Greek

Note:

Full-fat dairy products recommended

Protein

- Bacon
- Beef
- All cuts
- Cheese
- Cottage
- Feta
- Goat
- Mozzarella
- Ricotta
- Chicken, white or dark meat
- Eggs, whole
- Egg whites
- Elk
- Fish
- Salmon (canned, fresh, smoked)
- Herring
- Mackerel
- Sardines (in water or oil)
- Trout
- Tuna (canned, chunk light or solid light (in water or oil), Skipjack, Yellowtail)

- Lamb, leg, chop, or lean roast
- Liver
- Pork, tenderloin
- Sausage
- Shellfish (shrimp, crab, lobster, clams, mussels, oysters, scallops)
- Turkey, white or dark meat
- Venison

Oils & Fats

- Avocado
- Avocado oil
- Butter
- Canola
- Coconut milk (light canned, regular, canned)
- Coconut oil
- Coconut spread
- Cream
- Cream cheese
- Flaxseed oil
- Ghee/clarified butter
- Grapeseed oil
- High-oleic safflower oil
- High-oleic sunflower oil
- Mayonnaise, unsweetened (made with avocado, grapeseed, or olive oil)
- Medium-chain triglyceride oil
- Medium-chain triglyceride powder
- Olive oil, extra virgin
- Olives
- Sesame oil
- Sour cream

Nuts & Seeds

- Almonds
- Almond butter
- Brazil
- Cashews
- Cashew butter
- Chia seeds
- Coconut, unsweetened, shredded
- Flaxseed, ground
- Hazelnuts
- Hemp seeds
- Macadamia
- Pecans
- Pine nuts
- Pistachios
- Pumpkin seeds
- Sesame seeds
- Soy nuts, roasted
- Sunflower seeds
- Tahini
- Walnuts

Beverages

- Coffee/espresso
- Green tea, rooibos tea (unsweetened)
- Noncaffeinated herbal teas (mint, chamomile, hibiscus, etc.)
- Mineral water (still or carbonated)
- Sparkling water (free from sodium and artificial flavours)
- Water (ideally filtered)

Condiments, Herbs, & Spices

- Cacao (powder/nibs)
- Carob
- Blackstrap molasses
- Bone broth
- Flavored extracts (ex. almond, vanilla)
- Garlic
- Ginger
- Herbs, **all**, fresh or dried (ex. dill, basil, chives, cilantro, mint, oregano, rosemary, sage, thyme, etc.)
- Horseradish
- Hot sauce
- Lemon
- Lime
- Liquid amino acid
- Miso
- Mustard
- Salsa, unsweetened
- Soy sauce/tamari
- Spices, **all**, fresh or dried (ex. chili powder, cardamom, cinnamon, cumin, curry, garlic powder, ginger powder, onion powder, paprika, pepper, turmeric, etc.)
- Tomato sauce, unsweetened
- Vinegars, unsweetened, organic apple cider, balsamic, red wine, white wine

Foods to Enjoy Occasionally

Legumes

- Beans (black-eyed, black, cannellini, edamame, garbanzo, kidney, lima, mung, navy, pinto, etc.)
- Beans, vegetarian refried
- Bean soups, homemade
- Hummus
- Lentils (brown, green, red, yellow, French)
- Peas (pigeon, split)

Berries

- Blackberries
- Blueberries
- Boysenberries
- Cranberries, unsweetened
- Loganberries
- Raspberries
- Strawberries

Foods to Avoid

- Processed sugary foods and sauces like soda, fruit juice, smoothies, ice cream, candies, etc.
- Grains or starches and wheat-based products like rice, pasta, cereal, etc.
- Most fruits except for limited amounts of berries
- Root vegetables and tubers like potatoes, carrots, etc.
- Lowfat or diet products
- Unhealthy fats such as processed vegetable oils
- Sugary alcoholic drinks (sweet wines and cocktails); always check sugar content
- Sugar-free diet foods that are often high in sugar alcohol or artificial sweeteners like aspartame, acesulfame K, and sucralose (such as Diet Coke, Splenda, Sweet 'n Low)
- Fast food (pizza, burgers, pasta, etc.)