

# The complete list of keto diet allowed foods



## Low Carb Spark

*Learn what are the allowed  
foods*

### HIGH QUALITY PROTEIN

- Grass-fed meat
- Wild-caught fish  
& seafood

### NON-STARCHY VEGETABLES

leafy greens  
cruciferous vegetables

### FATS

Avocado  
Coconut oil  
Grass-fed butter

**FAT 60-80%**



**PROTEIN 20-35%**



**CARBS 0-5%**



**RESEARCH. FIND GREAT KETO RECIPES**

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## High Quality Protein

### *Meats and Poultry*

- Beef
- Bacon
- Chicken
- Ham
- Pork
- Sausage

### *Organ Meats*

#### *Seafood*

- Fish
- Tuna
- Salmon
- Scallops
- Shrimp Crab

### *Deli Meats*

- Beef or Bacon Jerky
  - BACON
  - Cold cuts
  - Pepperoni
- Salami, Prosciutto



Beware of  
preservatives,  
added starches  
& added sugars



## Low Carb Spark

### *Dairy Products*

- Butter (82% fat)
- Cheese (Cheddar, Mozzarella, Gouda, Marscapone Cheese etc.)
- Cream Cheese
  - Eggs
- Heavy cream
- Sour cream
- Almond/Coconu Milk ( No Sugar Added)
- Sugar Free Whipped Cream

### *Keto Vegetables*

- Bell peppers
- Broccoli
- Cabbage
- Cauliflower
- Cucumbers
- Eggplant
- Zucchini
- Green Beans
- Leafy green vegetables
- Lettuce (use the outside leaves instead of bread)
- Scallions, Shallots – lower carb count than onions
  - Sprouts for salads
  - Summer squash
  - Spaghetti squash

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## Nuts and Seeds

- Nuts: RAW Almonds, Hazelnuts, Pecans, Walnuts, Macadamias

- Seeds: sunflower, pumpkin and sesame seeds

## Fruits

- Avocados

- Berries (allowed only after the first month in small quantity)  
Strawberries, blueberries, raspberries, just about any fruit that has the word berry included in it.

## Pantry Items

- Canned tuna, salmon, crab, shrimp, sardines, anchovies

- Canned vegetables: green chiles, roasted red peppers, chipotle peppers, mushrooms, artichoke hearts, sun-dried tomatoes

- Chicken and/or vegetable stock

- Low-carb vegetables: green beans, greens, sauerkraut

- Nut Butters

- Sauces: Pasta sauce, pizza sauce and Alfredo sauce

- Tomato products: Sugar Free or low-carb tomatoes, sauce and paste



## Low Carb Spark

## Keto Condiments

- Vinegars

- Horseradish

- Sugar-free dill pickles or relish

- Mayonnaise

- Mustard

- Salsa

- Soy sauce

- Sugar-free salad dressing

- Olives

## Cooking & Baking Ingredients

- Almond flour, coconut flour and flaxseed meal

- Broth or Bouillon

- Unsweetened Cocoa powder

- Coconut Oil

- Gelatin

- Olive Oil

- Whey protein isolate

- Protein Powder

- Xanthan gum thickener

## Beverages

unsweetened

- Water

- Tea

- Coffee

## Sweeteners

zero calories

- Stevia, liquid form is preferred

- Erythritol



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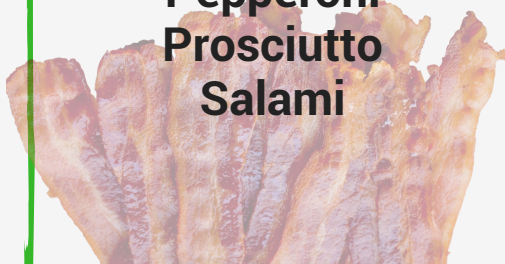
## Meats

Beef  
Chicken  
Deer  
Duck  
Goat  
Goose  
Lamb  
Pork  
Quail  
Rabbit  
Sheep  
Turkey  
Veal

### CURED AND PREMADE MEATS

*Read labels, avoid added  
starches  
& added sugars*

Bacon  
Sausage  
Deli meat  
Hot dogs  
Pepperoni  
Prosciutto  
Salami



## Organ Meats

Heart  
Liver  
Kidney  
Bone Marrow  
Tongue  
Tripe

## FISH

Anchovies  
Bass  
Cod  
Eel  
Flounder  
Haddock  
Halibut  
Herring  
Mackerel  
Mahi Mahi  
Mackerel  
Orange Roughy  
Perch  
Red Snapper  
Rockfish  
Salmon (including  
Smoked Salmon)  
Sardines  
Tilapia  
Tuna  
Sole  
Grouper  
Turbot  
Trout  
Shark

## Shell fish and other seafood

Abalone  
Caviar  
Clams  
Crab  
Lobster  
Mussels  
Oysters  
Shrimp  
Scallops  
Squid

## Fats

Avocado Oil  
Ghee  
Coconut Oil  
Lard  
Tallow  
MCT Oil  
Olive Oil  
Macadamia Oil  
Red Palm Oil  
Palm Shortening  
Duck Fat  
Butter  
Coconut Butter  
Cocoa Butter  
Walnut Oil (small  
amounts)  
Sesame Oil (small  
amounts)

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## KETO VEGETABLES

Arugula  
(Rocket)  
Artichokes  
Asparagus  
Bell Peppers  
Bok Choy  
Broccoli  
Brussels  
Sprouts  
Butterhead  
Lettuce  
Cabbage  
Carrots  
Cauliflower  
Celery  
Chard  
Chicory  
Greens  
Chives  
Cucumber  
Dandelion  
Greens  
Eggplant  
(Aubergine)  
Endives  
Fennel  
Garlic  
Jicama  
Kale  
Kohlrabi  
Leeks



Leafy Greens  
(Various  
Kinds)  
Lettuce  
Mushrooms  
(All Kinds)  
Mustard  
Greens  
Okra  
Onions  
Parsley  
Peppers (All  
Kinds)  
Pumpkin  
Radicchio  
Radishes  
Rhubarb  
Romaine  
Lettuce  
Scallion  
Shallots  
Seaweed (All  
Sea  
Vegetables)  
Shallots  
Spaghetti  
Squash  
Spinach  
Swiss Chard  
Tomatoes  
Turnip Greens  
Watercress  
Zucchini

## Fruits

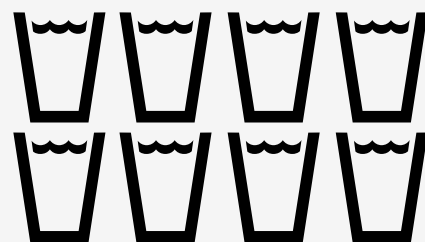
*Small amounts of berries are  
allowed only after the first  
month*

Avocado  
Blackberry  
Blueberry  
Raspberry  
Strawberry  
Olives  
Lemon  
Lime

## DRINKS

*No sugar added  
At least 8 glasses per day*

Coconut Milk  
Almond Milk  
Cashew Milk  
Broth (or bouillon)  
Coffee  
Tea  
Herbal Teas  
Water  
Seltzer Water  
Sparkling Mineral  
Water



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## NUTS AND SEEDS

**Make sure you buy only RAW NUTS and seeds and to soak them to prevent bloating and mineral deficiency**

Almonds  
Hazelnuts  
Macadamias  
Pecans  
Pine Nuts  
Pistachios  
Walnuts  
Pumpkin Seeds  
Psyllium Seeds  
Sesame Seeds  
Sunflower Seeds  
Cashews  
Chia Seeds  
Various Nut Butters

## Salad Dressings and Sauces

Full-Fat Ranch  
Caesar  
Bleu Cheese  
Hot sauce  
Mustard

## Snacks

Pork Rinds  
Beef Jerky  
Pickles

## DAIRY

Full-Fat Yogurt  
Raw Full-Fat Cheeses  
Full Fat Cottage Cheese  
Heavy Whipping Cream  
Full-Fat Sour Cream  
Butter (not Margarine)  
Ghee  
Full-Fat Cream Cheese

## HERBS AND SPICES

Himalayan Pink Salt  
Black Pepper  
Basil  
Italian Seasoning  
Chili Powder  
Cayenne Pepper  
Curry Powder  
Cumin  
Oregano  
Thyme  
Rosemary  
Sage  
Turmeric  
Parsley  
Cilantro  
Cinnamon  
Nutmeg  
Cloves  
Allspice  
Ginger  
Cardamom  
Paprika  
Dill

## Others

## Eggs

Shredded Coconut  
Mustard  
Gelatin (as a powder or from bone broth)  
Vanilla Extract  
Dark Chocolate (85%)  
Liquid Stevia  
Almond Meal  
Coconut Flour  
Flax Meal  
Cacao Powder (unsweetened)  
Mayonnaise



LowCarbSpark





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- ✓ Weekly Overview of All Meals
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- ✓ Printable meal planner organizer to track your progress
- ✓ Special Bonuses for all the members

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