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PRINTABLE KETO DIET FOOD LIST

KETO DIET Food List

PROTEIN	Chicken	Bacon	Lamb	Turkey	
	Steak	Fish	Burgers	Eggs	
	Pork	Shellfish	Sausages	Tofu	
DAIRY	Cream	Cheese- cheddar, parmesan, swiss, colby, mozzarella, blue, havarti, etc.			
	Sour Cream	Yogurt (full-fat)	Butter	Cream cheese	
VEGIES	Celery	Bell Peppers	Mushrooms	Arugula	
	Spinach	Broccoli	Cabbage	Green Beans	
	Radishes	Cauliflower	Eggplant	Asparagus	
FRUITS	Strawberries	Lemons	Tomatoes	Apricot	
	Blackberries	Limes	Watermelon	Cantaloupe	
	Raspberries	Avocado	Coconut	**eat fruit sparingly	
NUTS	Macadamia	Walnuts	Almonds	Chia Seeds	
	Brazil	Hazelnuts	Pine Nuts	Sunflower Seeds	
	Pecans	Flax Seeds	Peanuts	Pistachios	
FATS	Dairy	Nuts	PANTRY		
	Oils	High Fat Meat			
	Avocado	Lard Nuts	Stevia	Almond Flour	
			Monkfruit	Coconut Flour	
			Erythritol	Protein Powder	

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7-DAY KETO MEAL PLAN FOR BEGINNERS



The keto diet is a high-fat, low-carb diet with an adequate-protein. It helps your body burn fat for energy instead of glucose. It's a fat-burning diet that helps you lose weight quickly. Here is a 7-day keto meal diet plan to get started.

by FITWIRR.COM

1 SUNDAY

Breakfast: Scrambled egg lettuce wrap with avocado and cilantro
Snack: Nuts
Lunch: kale salad with grilled chicken with olive oil dressing.
Snack: bell pepper with guacamole
Dinner: Steak with cauliflower rice

2 MONDAY

Breakfast: Baked egg in an avocado cup
Snack: Macadamia nuts
Lunch: Tuna salad with a side of green salad
Snack: Sliced cheese or cold cut turkey roll-ups
Dinner: Chinese Beef and broccoli



3 TUESDAY

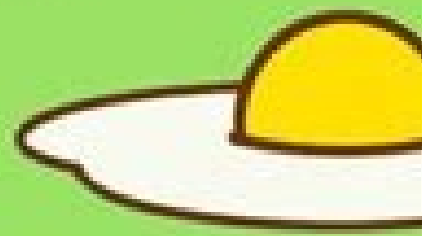
Breakfast: Greek yogurt topped with chia seeds and crushed walnuts
Snack: Turkey jerky (look for no added sugar type)
Lunch: Cauliflower fried rice
Snack: Sliced cheese
Dinner: Roast beef with sautéed mushroom and zucchini

4 WEDNESDAY

Breakfast: Protein shake with kale, almonds, and blackberries
Snack: Zucchini parmesan chips
Lunch: Almond flour chicken tenders with greens and cheese
Snack: Bacon deviled eggs
Dinner: Grilled shrimp and asparagus with a lemon butter

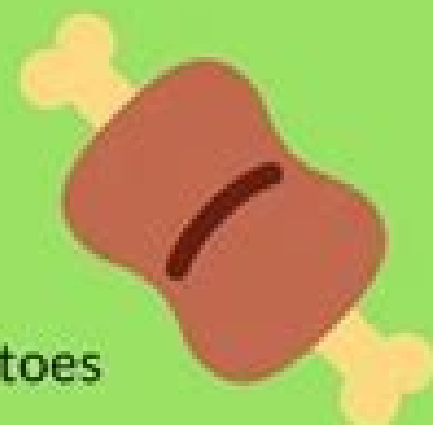
5 THURSDAY

Breakfast: Fried eggs with bacon and a side of greens
Snack: 1/2 cup coconut chips
Lunch: Grass-fed burger in a lettuce "bun" with avocado
Snack: Celery sticks dipped in almond butter
Dinner: Meatloaf on a bed of watercress salad



6 FRIDAY

Breakfast: Feta cheese and spinach omelet
Snack: Bacon wrapped asparagus
Lunch: Chicken wings with celery sticks
Snack: Cocoa Coconut milk smoothie
Dinner: Grilled chicken with bell peppers and tomatoes



7 SATURDAY

Breakfast: Greek yogurt with coconut chips and pumpkin seeds
Snack: Cheese crisp
Lunch: Chicken salad wraps
Snack: Peanut butter fat bombs
Dinner: Grilled salmon with a side of cauliflower rice



MACRO RATIOS ON KETO

FAT: 60-75% of your total calories

PROTEIN: 15-30% of your total calories

CARBS: 5-10% of your total calories

by FITWIRR.COM

KETO DIET GROCERY LIST

Printable PDF

Keto Grocery List With Net Carbs



Meats		Dairy		Nuts	
Ground Beef	0g	Butter or Ghee	0g	Almonds	7g (1/2 cup)
Steak	0g	Egg	0.4g (1 egg)	Macadamia	1.5g (1/2 cup)
Cornd Beef	0g	Mayo/aioli	0.1g (1 tbsp)	Brazil Nuts	1g (1/2 cup)
Chicken Thighs	0g	American Cheese	1.5g (1 slice)	Pecans	2g (1/2 cup)
Chicken Breast	0g	Blue Cheese	0.4g (2 tbsp)	Pine Nuts	6.5g (1/2 cup)
Chicken Drumsticks	0g	Brie	0.1g (1 oz)	Peanuts	4g (1/2 cup)
Chicken Wings	0g	Cottage	0.7g (1 oz)	Walnuts	1g (1/2 cup)
Pork Chops	0g	2% Cottage Cheese	4g (1/2 cup)		
Pork Tenderloin	0g	Original Cream Cheese	1.7g (2 tbsp)	Other	
Bacon	1g (2 slices)	Feta	1.7g (1 oz)		
Ham	0g	Goat Cheese	0.4g (1 oz)		
Turkey	0g	Gorgonzola	1g (1 oz)		
Ground Turkey	0g	Monterey Jack	0.1g (1 oz)		
Beef	0g	Swiss	0.4g (1 oz)		
Scallops	0g	Gruyere	0.1g (1 oz)		
Hot Dogs	2.2g (1 link)	Havarti	0g		
Bratwurst	3.4g (1 link)	Laughing Cow	1g (1 wedge)		
Salami	1g (3 slices)	Mozzarella	0.4g (1 oz)		
Peperoni	0g	Muenster	0.1g (1 oz)		
		Parmesan	0.2g (1 tbsp)		
		Provolone	0.4g (1 oz)		
		Ricotta	2.4g (1/4 cup)		
		Swiss	1.5g (1 oz)		
		String Cheese	1g (1 stick)		
		Heavy Cream	0.4g (1 tbsp)		
		Half & Half	0.1g (1 tbsp)		
		Almond Milk	1g (1 cup)		
		(Unsweetened)			
		Yogurt (Whole Milk)	4g (1 oz)		
		Plain			
		Greek Yogurt (Plain)	7g (6oz)		
Seafood		Vegetables			
Cod	0g	Asparagus	2g (1 cup)		
Halibut	0g	Artichoke Hearts	5g (1/2 cup)		
Mahi-mahi	0g	Arugula	1g (1 cup)		
Salmon	0g	Bell Peppers	4.5g (1 cup)		
Shrimp	0g	Broccoli	3.6g (1/2 cup)		
Snapper	0g	Breets	2g (1 cup)		
Swordfish	0g	Green Beans	2.4g (1 cup)		
Tilapia	0g	Brussel Sprouts	4.7g (1 cup)		
Tuna	0g	Green Napa Cabbage	2.4g (1 cup)		
Trout	0g	Purple/Red Cabbage	5g (1 cup)		
Clams	3.3g (2 oz)	Corn	4.2g (1/2 cup)		
Crabmeat	0g	Cauliflower	1g (1 cup)		
Lobster	2g (1 oz)	Celery	1.4g (1 cup)		
Mussels	4g (2 oz)	Chard	2g (1 cup)		
Oysters	4.5g (1 oz)	Chard Green	1.5g (1 cup)		
Scallops	4g (1/2 scallop)	Cucumber	3g (1 cup)		
Shrimp	2.4g (1 link)	Eggplant	3g (1 cup)		
		Garlic	1g (1 clove)		
		Kale	1g (1 cup)		
		White Mushrooms	2g (1 cup)		
		Porcini Mushrooms	2.6g (1 cup)		
		Romaine Lettuce	1g (1 cup)		
		Spinach	0.3g (1 cup)		
		Okra	4g (1 cup)		
		Onions	7g (1 cup)		
		Radishes	1.8g (1 cup)		
		Tomatoes	1g (1 cup)		
		Cherry Tomatoes	4g (1 cup)		
Sauces & Condiments					
Mustard	0g				
Ruffalo Sauce	0g				
Soy Sauce	1.2g (1 tbsp)				
Ketchup	1g (1 tbsp)				
(Reduced Sugar)	0g				
Olive Oil	0g				
Coconut Oil	0g				
Avocado Oil	0g				
Peanut Butter (No Sugar Added)	1.5g (1 tbsp)				
Almond Butter	1.5g (1 tbsp)				
(No Sugar Added)					
Ranch Dressing	1g (1 tbsp)				
Cesar Dressing	1g (1 tbsp)				
Italian Dressing	2g (1 tbsp)				
Balsamic Dressing	2g (1 tbsp)				
Fruits					
Avocado	4g (1 whole)				
Blackberries	7g (1 cup)				
Raspberries	7g (1 cup)				
Strawberries	8g (1 cup)				



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