

# 148 KETOGENIC FOODS SHOPPING LIST



# MEAT, FISH AND POULTRY

## Zero Carb Foods

- All Red Meat
- Chicken
- Turkey
- Pork
- Veal
- Lamb
- Fowl (duck, goose, hen, quail)
- Organ Meats (tongue, brains, liver, heart, and kidneys)
- Game Meats (ostrich, venison, caribou, bison, and elk)
- Exotic Meats (such as ostrich and emu)
- Cold Cuts And Ham (read label some have added sugar)
- Bacon
- All Fish



## SEAFOOD

- Shrimp – 0 Carbs
- Crawfish - 0 Carbs
- Crab - 0 Carbs
- Lobster – 2 grams per 6 ounces
- Mussels – 8.4 per 6 ounces
- Oysters – 12.4 per 6 ounces
- Scallops – 3.9 per 6 ounces
- Clams – 8.7 grams per 6 ounces
- Squid – 7 grams per 6 ounces



## FATS AND DRESSINGS

- Butter - 0 Carbs
- Mayonnaise - 0 Carbs
- Oils – 0 Carbs  
(olive, avocado, and coconut oils for general use. Cold-pressed or expeller-pressed canola, peanut, and grapeseed oils are good for stir-fries)
- Pure Unrefined Cold Pressed Extra Virgin Coconut Oil – 0 Carbs  
(contains medium chain triglycerides fatty acids, metabolized by the body to be used as immediate energy and not stored as fat)
- Avocados - 4.8 grams each
- Blue Cheese Dressing (2 tbsp.) – 2.3 grams
- Italian Dressing (2 tbsp.) – 3 grams
- Cesar Dressing (2 tbsp.) - .5 grams
- Ranch Dressing (2 tbsp.) – 1.4 grams
- 100 Island Dressing (2 tbsp.) – 4.8 grams



Note: Check labels on all commercial dressings for carb counts

## SOY VEGAN PROTEIN

- Soybeans - 6.2 grams per 1/2 cup
- Soy Milk – 1.2 grams per cup
- Firm Tofu – 2.2 grams per 4 ounces
- Silken Tofu – 3.2 grams per 4 ounces
- Tempeh – 16 grams per cup
- Soy Nuts – 2 grams per ½ ounce



## HERBS AND SPICES

All Herbs And Spices Have Only Trace Amounts Of Carbs

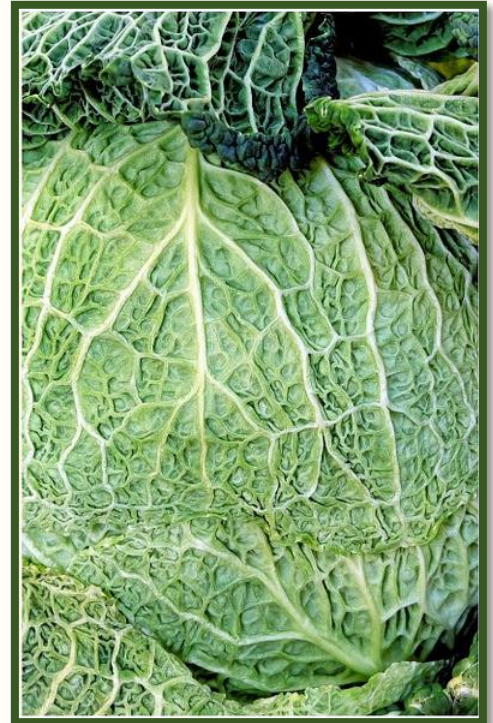


## VEGETABLES

- Alfalfa Sprouts - .4 grams per cup
- Daikon – 1 gram per ½ cup
- Endive - >1 gram per ounce
- Escarole - >1 gram per ounce
- Arugula - .2 grams per ½ cup
- Bok Choy - .8 grams per 1 cup/raw
- Celery - .8 grams per 1 stalk
- Chicory Greens - .6 grams per ½ cup
- Green Onions - .1 per 1 tablespoon
- Cucumber - 1 gram per ½ cup sliced
- Fennel - 3.6 grams per 1 cup
- Iceberg Lettuce - .1 grams per 1/2 cup
- Jicama - 2.5 grams per ½ cup
- Parsley - >1 gram per ounce
- Bell Peppers - 2.3 grams per ½ cup
- Radicchio - .7 grams per ½ cup



- Radishes - .9 grams per 10 pieces
- Romaine Lettuce - .2 grams per ½ cup
- Artichoke (1/4 Steamed) – 4 grams
- Artichoke Hearts In Water - 2 grams per 1 heart
- Asparagus - 2.4 grams per 6 spears
- Bamboo Shoots - 1.1 grams per 1 cup
- Broccoli - 1 gram per 1/2 cup
- Brussels sprouts - 2.4 grams per ¼ cup
- Cabbage - 2 grams per ½ cup
- Cauliflower - 2 grams per 1 cup
- Chard - 1.8 grams per ½ cup
- Collard Greens - 4.2 grams per 1/2 cup
- Eggplant - 1.8 grams per ½ cup
- Hearts of Palm - .7 grams per 1 heart
- Kale - 2.4 grams per ½ cup
- Kohlrabi - 4.6 grams per ½ cup
- Leeks - 1.7 grams per ¼ cup



- Mushrooms – 1 gram per ½ cup
- Okra - 2.4 grams per ½ cup
- Black Olives (10 small, 5 large, or 3 jumbo olives) - 1 gram
- Onions - 2.8 grams per ¼ cup
- Pumpkin - 2.4 grams per ¼ cup
- Sauerkraut (canned and drained) - 1.2 grams per ½ cup
- Spinach - .2 grams per ½ cup
- Summer Squash - 2 grams per ½ cup
- Tomato (1 medium) - 4 grams
- Cherry Tomatoes - 4 grams per cup
- Turnips - 2.2 grams per ½ cup





## FRUITS

- ❑ Limes – 2 grams per 1 ounce
- ❑ Lemons – 2 grams per 1 ounce
- ❑ Rhubarb - 1.7 grams per ½ cup
- ❑ Apricots – 5 grams per fruit
- ❑ Strawberries – 11 grams per cup
- ❑ Blackberries - 7 grams per cup
- ❑ Raspberries – 5 grams per cup
- ❑ Red Grapefruit - 9 grams per 1/2 fruit



## DAIRY

- ❑ Egg White – .3 grams
- ❑ Egg Yolk - .3 grams
- ❑ Whole Egg - .6 grams
- ❑ Heavy Whipping Cream - .5 to .7 grams per tablespoon
- ❑ Half-and-Half - .5 to 1 grams per tablespoon
- ❑ Plain Full Fat Greek Yogurt - 9 grams per cup
- ❑ Full Fat Sour Cream – 1.2 grams per 2 tablespoons
- ❑ Unsweetened Almond Milk – Less than 1 gram per cup



## Cheeses

- Gruyère Cheese - .1 grams per ounce
- Cheddar - .5 gram per ounce
- Fontina - .4 grams per ounce
- Havarti - .7 grams per ounce
- Parmesan - .9 grams per ounce
- Gouda - .6 grams per ounce
- Mozzarella - .6 grams per ounce
- Ricotta - .8 grams per ounce
- Blue Cheese - 1 gram per ounce
- Edam - .4 grams per ounce
- Monterey - .1 grams per ounce
- Muenster - .3 grams per ounce
- Provolone - .6 grams per ounce
- Neufchatel - .1 to .8 grams per ounce



## NUTS & SEEDS

- Almonds (2 tbsp.) – 1.4 grams
- Peanuts (2 tbsp.) – 1.8 grams
- Hazelnuts (2 tbsp.) – 1.2 gram
- Macadamia Nuts (2 tbsp.) - .9 grams
- Pecans (2 tbsp. chopped) - .6 grams
- Pine Nuts (2 tbsp.) - 1.7 grams
- Pistachio Nuts (2 tbsp.) - 3.1 grams
- Walnuts (2 tbsp. halves) - .9 grams
- Pumpkin Seeds - 5 grams per ounce
- Sunflower Seeds – 4 grams per ounce
- Almond Butter - 3 grams per tablespoon
- Peanut Butter – 2.4 grams per tablespoon



## ZERO CARB DRINKS

- Water

- Unsweetened Tea
- Unsweetened Coffee
- Club Soda
- Diet Soda
  - (be cautious as artificial sweeteners can affect low carb weight loss)
- Sugar Free Sparkling Water
- No-Calorie Flavored Seltzers
- Herbal Tea
  - (without added barley or fruit sugars)





## ZERO CARB ALCOHOLIC BEVERAGES

- Gin
- Rum
- Vodka
- Whiskey
- Martini
- Tequila



## MISCELLANEOUS

- Shirataki Noodles – 0 Carbs
- White Vinegar – 0 Carbs
- Balsamic Vinegar – 0 Carbs
- Red Wine Vinegar – 0 Carbs
- Rice Vinegar (seasoned) 3 grams per  
tbsp.
- Soy Sauce - 1 gram per tablespoon
- Mustard – 0 Carbs
- Unflavored, powdered gelatin – 0  
Carbs (use as a binder in recipes)
- Most Hot Sauces – 0 Carbs
- Turkey or Beef Jerky (not teriyaki flavor) - 3 grams per  
ounce
- Kale Chips - 8-12 grams per ounce
- Coconut Flakes - 4 grams per ounce
- Pickles - 1 gram per pickle

