

KETOWORKS FOOD LIST



YOUR PLATE PERCENTAGES

70%

20%

10%



GOOD FATS

- avocado
- chia seed
- coconut
- coconut oil
- dark chocolate
- edamame
- fish oil
- grass-fed butter
- nuts
- olives
- sesame seeds

PROTEINS

- free-range eggs
- grass-fed beef
- lamb
- oily fish
- organic poultry
- pork

CARBOHYDRATES

NON-STARCHY VEGETABLES

- amaranth or Chinese spinach
- artichoke
- artichoke hearts
- asparagus
- baby corn
- bamboo shoots
- beans (green, wax, Italian)
- bean sprouts
- beets
- brussels sprouts
- broccoli
- cabbage (green, bok choy, Chinese)
- carrots
- cauliflower
- celery
- chayote
- coleslaw (packaged, no dressing)
- cucumber
- daikon
- eggplant
- greens (collard, kale, mustard, turnip)
- hearts of palm
- jicama
- kohlrabi
- leeks
- mushrooms
- okra
- onions
- pea pods
- peppers
- radishes
- rutabaga
- salad greens (chicory, endive, escarole, lettuce, romaine, spinach, arugula, radicchio, watercress)
- sprouts squash (cumshaw, summer, crookneck, spaghetti, zucchini)
- sugar snap peas
- swiss chard
- tomato
- turnips
- water chestnuts
- yard-long beans

CARB CYCLING DAYS

- almond flour
- black beans (sprouted)
- coconut flour
- coconut sugar
- corn
- dates
- gluten free oats
- honey
- potatoes
- pure maple sugar
- pumpkin
- quinoa
- rice
- squash
- sweet potato
- whole fruits

FOODS TO AVOID



- alcohol
- artificial sweeteners
- cake
- cookies
- fried foods
- gluten
- margarine
- processed foods
- refined sugar
- sugar