

THE ULTIMATE FOOD LIST OF DIRTY KETO DIET

Meat

Beefsteak, Beef ribs, Beef roasts, Pork chops, Pork ribs, Bacon, Loins, Sausages, Frozen bacon, Cheddar Burgers, Chicken/turkey thighs with skin, Deli meats, Pepperoni

Fish

Tuna, Salmon, Cod, Shrimp, Lobster, Haddock

Cheeses

Mozzarella, Cottage, Cheddar, Colby jack, Monterrey jack, Pepper jack, Parmesan, Asiago, Ricotta, Mexican style cheese, Taco style cheese, Cream cheese

Veggies

All peppers, Asparagus, Broccoli, Brussels sprouts, Cabbage, Cauliflower, Celery, Cucumber, Eggplants, Green beans, Kale, Olives, Onions, Radishes, Romaine lettuce, Spaghetti squash, Spinach, Spring mix, Tomatoes, Zucchini

Fruits

Strawberries, Raspberries, Blackberries, Blueberries, Lemon, Lime

Nuts

Pecans, Almonds, Macadamia nuts, Hazelnuts, Walnuts, Peanuts

Oils and Fats

Olive oil, Ghee, MCT oil, Avocado oil, Coconut oil, Butter

Dressings and Condiments

Caesar Dressing, Blue cheese, Ranch, Thousand Islands, Organic/natural mayo, Aioli, Sugar-free Heinz, Hughes sugar-free sauce, Spicy/yellow mustard, Coconut or soy sauce amigos, Hot sauce

Drinks

Water, Nat ketones, La Croix, Tea, Coffee, Sugar-free sports drinks, Diet soda, Juice drinks

Select Alcoholic Beverages

Amsterdam Light (5), Beck's Premier Light (3.2), Bud Select (3.1), Bud Select 55 (1.9), Coors Light (5), MGD 64 (2.4), Michelob Ultra (2.6), Michelob Ultra Amber (3.7), Natural Light (3.2), Rolling Rock, Green Light (2.4), Bud Light (6.6), Brandy shot (0g carbs), Champagne (~1g per serving), Dry Martini (0g carbs), Dry wine (~2g per serving), Sparkling Seltzers (0-3 carbs), Tequila shot (0g carbs), Vodka/soda (stay away from the tonic), Whiskey shot (0g carbs)

Sweeteners

Allulose, Stevia drops, Truvia, Erythritol, Aspartame, Sucralose, Monk fruit

Snacks

Pepperoni, Pickles, Olives, Tortilla chips, Pork rinds, Sugar-free Jell-O, Popcorn

Spices & Electrolytes

Garlic powder, Jalapeno, Onion powder, ETBB seasoning, Pink salts, Electrolytes, MITOPLEX, Powerade Zero, Pink Himalayan salt