



Ketogenic Pantry Essentials

Meal plans for the ketogenic diet: sosculine.com/meal-plans/ketogenic/

PROTEIN SOURCES
LIBERALLY
FISH (ESPECIALLY FATTY FISH): mackerel, salmon, sardines, trout, tuna
SEAFOOD: clam, crab, lobster, mussel, scallop, shrimp
POULTRY (PREFERABLY ORGANIC AND DARK MEAT): chicken, duck, turkey
MEAT (PREFERABLY ORGANIC): beef, lamb, pork, veal
VEGETARIAN: egg, tempeh
OCCASIONALLY
BACON, COLD CUTS WITH NO ADDED SUGAR

HEALTHY FAT SOURCES
LIBERALLY
AVOCADO OIL
OLIVE OIL
OCCASIONALLY
BUTTER
GHEE
COCONUT OIL

FRUITS
LIBERALLY
COCONUT
LEMON
OLIVES
OCCASIONALLY
BLACKBERRIES
BLUEBERRIES
RASPBERRIES
STRAWBERRIES

NUTS AND SEEDS
LIBERALLY
ALMONDS
BRAZIL NUTS
CHIA SEEDS
FLAXSEEDS
HAZELNUTS
MACADAMIA NUTS
PECANS
PUMPKIN SEEDS
SUNFLOWER SEEDS
WALNUTS
OCCASIONALLY
CASHEWS, NUT BUTTERS (ALMOND OR PEANUT BUTTER), PEANUTS, PISTACHIOS

DAIRY PRODUCTS
LIBERALLY
HEAVY CREAM (35%)
CHEESE (Blue, cheddar, feta, parmesan, etc)
CREAM CHEESE
OCCASIONALLY
PLAIN YOGURT

DRINKS
LIBERALLY
ALMOND BEVERAGE
PEA BEVERAGE
TEA
WATER
OCCASIONALLY
COFFEE

VEGETABLES
LIBERALLY
ARUGULA
ASPARAGUS
AVOCADO
BOK CHOY
BROCCOLI
BELGIAN ENDIVE
BRUSSELS SPROUTS
CABBAGE (Green, red, Savoy)
CAULIFLOWER
CELERY
CHINESE BROCCOLI
COLLARD GREENS
CUCUMBER
EGGPLANT
FENNEL
GREEN BEANS
GREEN PEPPER
LETTUCE (All types)
KALE
MUSHROOMS
RADISH
SNOW-PEAS
SPINACH
SWISS CHARD
TOMATO
WATERCRESS
ZUCCHINI
OCCASIONALLY
CARROT, CELERIAC, LEEK, RED PEPPER

SWEETENERS
OCCASIONALLY
ERYTHRITOL, MONKFRUIT, STEVIA, XYLITOL