



KETOLICIOUS'S APPROVED FOOD LIST TO HELP YOU GET INTO KETOSIS

FAT

Avocado	Coconut Butter	MCT Oil	Walnut Oil
Avocado Oil	Cream Cheese	Olive Oil	Whipping Cream
Blue Cheese	Egg Yolks	Olives	Whole Cream
Brie Cheese	Ghee	Sesame Oil	
Butter (from cow milk)	Sheep Fat	Sour Cream (Organic)	
Cocoa Butter	Macadamia Oil	Tahini	

PROTEIN

Bacon	Goat Meat	Salami
Beef	Hot Dogs (organic grass fed)	Sausage
Beef Jerky	Labaneh	Sujok
Cheese (all kinds)	Pepperoni	Sheep
Chicken (with or without skin)	Pork	Turkey
Cottage Cheese	Rabbit	Veal

PROTEIN – ORGAN MEAT

Brain	Kidney	Lungs
Heart	Liver	Tongue

NUTS & SEEDS

Almonds	Macadamia Nuts	Pumpkin Seeds
Brazil Nuts	Nut Butters (unsweetened)	Seed Butters (unsweetened)
Chia Seeds	Peanuts	Hemp Seeds
Pecans	Sesame Seeds	Walnuts
Sunflower Seeds	Pistachios	Hazelnuts
Pine Nuts		

SEAFOOD – ALL FISH KINDS ARE ALLOWED

Anchovies	Eel	Oysters	Sea Bass
Caviar	Lobster	Salmon	Shrimps
Clams	Mussels	Sardines	Squid
Crab	Octopus	Scallops	Tuna

VEGETABLES

Artichoke	Cherry Tomatoes	Leeks	Scallions
Arugula/Rocca	Chives	Lettuce (all types)	Seaweed
Asparagus	Cucumber	Microgreens	Shallots
Avocado	Dandelion Greens	Mushrooms	Spinach
Bean Sprouts	Eggplants	Okra	Tomatoes (moderate amount)
Beet Greens	Endive	Olive	Turnip Greens
Broccoli	Fennel	Onion	Zucchini

Brussels Sprouts	Garlic	Parsley
Cabbage (Green & Red)	Green Beans	Peppers (all kinds)
Carrots (Small Quantities)	Garden Cress	Pumpkin
Cauliflower	Kale	Radish
Celery	Celery	Sauerkrauts

BERRIES & FRUITS – IN SMALL QUANTITIES

Blackberries	Lime
Black Currant	Raspberries
Blueberries	Red Currant
Cranberries	Strawberries
Lemon	

HERBS & SPICES

All Spices	Cilantro/Coriander	Dill	Paprika
Basil	Cinnamon	Ginger	Parsley
Cardamom	Cloves	Italian Seasoning	Rosemary
Cayenne Pepper	Cumin	Nutmeg	Sage
Chili Powder	Curry Powder	Oregano	Thyme
Turmeric			

LIQUIDS

Almond Milk (unsweetened)	Coffee (unsweetened)
Broth (chicken, beef, bone)	Lemon Juice (small quantities)
Club Soda	Water with Lemon (unsweetened)
Coconut Milk (unsweetened)	Sparkling Mineral Water
Herbal Teas (unsweetened)	Tea (unsweetened)

ADDITIONALS

Almond flour	Coconut Flour	Xanthan Gum
Cacao Powder	Mayonnaise	Pickles (no sugar)
Stevia (sweetener)	Baking Powder	Tamari Sauce (Gluten Free)
Cod Liver Oil (fish oil)	Mustard (no sugar)	Vanilla Extract
Monk Fruit (sweetener)	Shredded Coconut	Dark Chocolate 90%+
Fermented Vegetables	Hot Sauce	Allulose (Sweetener)
Gelatin	Vinegar	Shatta

FOOD TO AVOID

GRAINS

Bread (white, brown, toast, buns, etc.)	Rice	Oats (Oatmeal)
Pasta	Wheat	Burghul
Freekeh	Breakfast Cereals	

PROTEIN

Almond Milk (sweetened)	Barbecue (with sugar)	Cashew (unless in low quantities)
Coconut Milk (sweetened)	Hot dogs (unless organic)	Kefir (unless plain and Full-Fat)
Meat Products with Sugar/Grains (meatballs, breaded meat, meats with sweet sauce, etc.)	Milk	Processed Deli Meat
Sausage (unless organic)	Soy Milk	Yoghurt

VEGETABLES

Corn	Popcorn	Lentils
Beetroot		

STARCHES

Potato

Sweet Potato

Yam

FRUITS & BERRIES

Apples

Dates

Mangos

Plums

Apricots

Dried Fruit

Melons

Watermelons

Bananas

Grapefruit

Orange

Cherries

Cantaloupe

Grapes

Peaches

Pears

Kiwi

Pineapple

Pomegranate

Figs

Guava

Kaki

Raisins

LEGUMES

Beans (all kinds)

Chickpeas (hummus is okay as it is mixed with tahini & olive oil)

Edamame

ADDITIONALS

Honey

Halawa

Ketchup

Ready Salad Dressings

Cookies

Donuts

Crackers

Soup powders

Ready-made Gravies

Cakes

Chocolates

Arabic Desserts

Fruit Juices

Jam

Sweets & Candies

A Final note,

We hope this document will help you in applying the ketogenic lifestyle. At **Ketolicious** we believe in low carbs & ketogenic lifestyle for better health. Whenever you feel confused about what to eat, please do not give up, we are a phone call away. Our menu is 100% keto-friendly and will push you deeper into ketosis.

Log in to <https://www.ketoliciousjo.com/> or call us at 077 8121212

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