

Success Spray Program Recommended Foods List

Fats

MCT Oil
Coconut Oil
Palm Kernel Oil Ghee
Butter
Tallow
Duck Fat
Bacon Fat
Macadamia Nut Oil
Olive Oil
Red Palm Oil
Avocado Oil

Seafood (Canned or Fresh)

Shrimp
Lobster
Tilapia
Cod
Scallops
Albacore
Salmon
Sardines
Tuna
Trout
Oysters

Vegetables

Artichoke Hearts
Asparagus
Avocado
Bok Choy
Broccoli
Brussel Sprouts
Cabbage
Cauliflower
Celery
Collard Greens.
Cucumbers
Eggplant
Endive
Garlic
Green Beans
Kelp
Leafy greens (*spinach, romaine, arugula, bib lettuce, kale etc.*)
Mushrooms
Onion
Peppers (*jalapeno, bell peppers, banana, etc.*)
Radishes
Seaweed
Squash (*spaghetti, butternut, etc.*)
Swiss Chard
Tomatoes
Watercress
Zucchini

Meats/Proteins

Bacon
Steak
Ground Beef
Chicken
Turkey
Eggs
Pork
Ham
Sausages
Deli Meats (*double-check nutrition for certain brands that use carb fillers, watch sugars*)
Cured Meats (*pepperoni, salami, prosciutto, watch sugars*)

Dairy

The key to finding keto-friendly dairy is to look at the carb and sugar content. Regular cow's milk is generally out as it's fairly carb heavy, but heavy creams are a great tasty substitute. Experiment with new cheese findings!

Full-fat Cheeses
Full-fat Cottage Cheese
Full-fat Yogurt (*Plain or Plain Greek*)
Heavy Whipping Cream
Full-fat Sour Cream
Butter (*avoid margarines*)
Full-fat Cream Cheese (*look for little to no fillers*)

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Fruits (in moderation)

Blueberries
Raspberries
Blackberries
Strawberries

Nuts & Seeds

Be careful when consuming nuts. They are *extremely* easy to overeat and *do* have a carb content. This includes nut butters and almond flour.

Almonds
Hazelnuts
Macadamia Nuts
Walnuts
Pecans
Sesame Seeds
Sunflower Seeds
Pumpkin Seeds

Condiments

Mayonnaise (*watch for processed oils and sugars*)
Mustard – plain is best (*watch for processed oils and sugars*)
Soy Sauce (*Tamari if you're eating gluten free*)
Coconut Aminos
Apple Cider Vinegar
Hot Sauce
Salad Dressings (*Full-fat Ranch, Caesar, Bleu Cheese, Italian – watch for sugars*)
Lemon/Lime Juice

Sweeteners

Stevia (liquid or dry) - *Sweet Leaf brand is recommended*
Erythritol
Monk Fruit (*be sure to check for added ingredients such as maltodextrin, Dextrose or other sweeteners*).

Miscellaneous

Cocoa Powder (*Unsweetened*)
Almond Milk (*Unsweetened*)
Coconut Milk or Coconut Cream (*Unsweetened*)
Coconut Flour
Capers
Olives
Pickles (*watch for sugars*)
Herbs
Spices (*watch for sugars*)
Pork Rinds
Beef Jerky (*watch for sugars*)
Sea Salt, Himalayan Salt, Celtic Sea Salt
Dark Chocolate (*85% cocoa – Lindt is recommended and can be found on Amazon and Vitacost*)
Baking Powder
Baking Soda
Pure Vanilla Extract
Xanthan Gum
Guar Gum
Bone Broth

Foods to Avoid

While there are many foods to avoid while on a ketogenic diet, following is a General guideline:

Sugary Foods (Soda, Juices, Smoothies, Cakes, etc.)

Grains/Starches (Wheat-based Products, Rice, Pasta, Cereal, etc.)
Fruits (other than what is listed)
Beans (Peas, Kidney Beans, Lentils, Chickpeas, etc.)
Root Vegetables (Potatoes, Sweet Potatoes, Carrots,

Parsnips, etc.)
Low-fat/Diet Products (these are highly processed and often high in carbs and sugars)
Unhealthy Fats (limit your intake of processed vegetable oils)
Alcohol (Alcohol is high in carbs)

Bottom Line

Avoid carb-based foods like grains, sugars, legumes, rice, potatoes, candy, juice, and most fruits!!!