

# CLEAN KETO + WHOLE30

## EATING GUIDE

### PROTEIN

*Best Choice: Organic, wild-caught, 100% grass fed, pasture raised*  
*Avoid: Read labels, CAN'T HAVE added sugar, nitrates, sulfites, MSG*

- Eggs
- Chicken
- Lamb
- Elk
- Seafood
- Beef
- Turkey
- Bison
- Venison
- Pork

### VEGETABLES

*Best Choice: Organic is best. Can eat fresh, frozen or canned*  
*Listed in order of lowest to highest carb, with net g of carbs per serving*

- Broccoli Rabe (<1g)
- Bok choy (1g)
- Celery (1g)
- Garlic (1g)
- Ginger (1g)
- Spinach (1.5g)
- Mustard Greens (1.5g)
- Radicchio (1.5g)
- Asparagus (1.7g)
- Avocado (1.8g)
- Radish (1.8g)
- Lettuce (2g)
- Endive (2g)
- Arugula (2g)
- Zucchini (2g)
- Swiss chard (2g)
- Collard Greens (2g)
- Mushrooms (2g)
- Tomato (2.5g)
- Eggplant (2.8g)
- Bell Pepper (2.9g)
- Cauliflower (3g)
- Cabbage (3g)
- Cucumber (3g)
- Rhubarb (3g)
- Romanesco (3.8g)
- Artichoke hearts (3.8g)
- Broccoli (4g)
- Green Beans (4g)
- Fennel (4g)
- Okra (4g)
- Mung Bean (4g)
- Bean Sprouts (4g)
- Turnips (4.5g)
- Snow Peas (5g)
- Kale (5g)
- Yellow Squash (5g)
- Brussels Sprouts (5g)
- Scallions (5g)
- Pumpkin (6g)
- Rutabaga (6g)
- Celery Root (6g)
- Carrots (6.75g)
- Beets (7g)
- Onion (7.5g)
- Leeks (12.35g)
- Parsnip (13g)
- Potato (15g)
- Acorn squash (15g)
- Butternut Squash (16g)
- Sweet potato (17g)

### FRUIT

*Best Choice: Organic is best. Can eat fresh or frozen. Try and limit for best results*  
*Listed in order of lowest to highest carb, with net g of carbs per serving*

- Lemon (<1g)
- Lime (<1g)
- Raspberries (5g)
- Blackberries (5g)
- Strawberries (6g)
- Coconut (6g)
- Cantaloupe (7g)
- Watermelon (7g)
- Peach (8g)
- Orange (9g)
- Cherries (10g)
- Plum (10g)
- Blueberry (12g)
- Apple (12g)
- Pear (12g)
- Pineapple (12g)
- Kiwi (12g)
- Mango (13g)
- Grapes (16g)
- Banana (20g)

### COOKING

*Best Choice: Organic is always best. For animal fats, get 100% grass fed*

- Olive oil
- Extra virgin olive oil
- Coconut Oil
- Ghee (clarified butter)
- Palm oil
- Duck fat
- Lard (pork fat)
- Tallow (Beef fat)
- Avocado oil
- Sesame oil
- MCT oil

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## HERBS + SPICES

Best Choice: Organic, fresh or dried. Read labels to avoid preservatives

- You can eat ALL HERBS AND SPICES

## NUTS + SEEDS

Best Choice: Organic is best. Can have raw or roasted. Read labels.  
Listed in order of lowest to highest carb with net g of carbs per serving

- Pecans (4g)
- Brazil (4g)
- Pumpkin (5g)
- Macadamia (5g)
- Walnut (7g)
- Hazelnut (7g)
- Pine Nuts (8g)
- Chia Seeds (8g)
- Almond (10g)
- Sunflower (11g)
- Pistachio (18g)
- Cashews (26)

## PANTRY

Best Choice: Organic, 100% grass fed, avoid natural flavors, artificial colors/flavors  
Items with \* use sparingly

- Coconut (flakes, shredded, butter)
- Canned coconut milk (light, full fat, cream)
- All nut butters, except peanut butter
- Almond flour
- Coconut flour
- Arrowroot powder\*
- Tapioca starch\*
- Cocoa or Cacao powder (100%)
- Baking powder
- Baking soda
- Vinegar (all except malt)
- Mustard (all kinds)
- Pickles
- Coconut aminos
- Fish sauce
- Beef, chicken and vegetable broth/stock
- Canned fish (tuna, salmon, sardines, anchovies)
- Capers
- Tomato paste
- Roasted red peppers
- Olives
- Pork panko
- Grass fed meat sticks
- Sugar free jerky
- Vital Proteins Collage Peptides
- Canned low carb vegetables
- True Made Foods Sugar Free Ketchup
- True Made Foods Low Sugar BBQ Sauce
- True Made Foods Sugar Free Veracha
- Monkfruit\* if not doing Whole30
- Coconut Sugar\* if not doing Whole30

## DRINKS

- Coffee
- Club soda
- Sparkling water
- Mineral water
- Tea (all)
- Bone broth
- Some alcohol if not doing a Whole30

## AVOID

- Cow Dairy (some goat + sheep dairy ok in moderation)
- Grains + gluten
- Rice
- Beans + peas
- Sugar/honey/syrup (real or artificial)
- Processed foods
- Peanuts
- Sweetened drinks