

DR. MADRID'S KETOGENIC DIET FOOD LIST

| Vegetables | Fruits* (< 1cup/d) | Animal Prod. | Dairy & Egg | Nuts, Seeds | Beverages |
|-----------------|------------------------------|----------------|-------------------|----------------------|---|
| Alfalfa | Avocado | Chicken | Cream | Almonds | Water |
| Arugula | Blackberries | Turkey | Butter | Flax seed | Coffee/Tea |
| Asparagus | Blueberries | Turkey Burger | Eggs | Sunflower | Diet soda |
| Banana pepper | Strawberries | Bacon | Sour Cream | Coconut | Club soda |
| Basil | Raspberries | Pork Chops | Cream Cheese | Brazil | Plain almond milk |
| Beet greens | Gooseberries | Sausage | Cheese | Pecans | Dry wines(min) |
| Bok Choy | *Low sugar fruits | Bratwurst | Brie | Hazelnuts | Hard liquor(min) |
| Broccoli | Protein Bars / Snacks | Beef | Blue Cheese | Hemp seeds | Champagne |
| Brussel Sprouts | | Steak | Cheddar | Macadamia | Sugar Substitutes |
| Cauliflower | Atkins bar | Hamburger | Feta cheese | Sesame seeds | Splenda |
| Celery | Quest bar | Salami | Mozzarella | Coconut | Stevia |
| Chicory | Quest Chips | Lamp | Gouda | Pine nuts | Xylitol |
| Cilantro | | Venison | Swiss | Walnuts | Aspartame <i>(ok, but not recommended)</i> |
| Collards | | Seafood | String Cheese | Almond butter | Other |
| Cloves | | Mackerel | Jack | Peanut butter | 100% dark coco |
| Cucumber | | Salmon | Goat | Pistachio | Spirulina |
| Curry Powder | | Tilapia | Condiments | Cashews | Green powder |
| Eggplant | | Herring | Garlic | Chia Seeds | Chlorella |
| Kale | | Cod | Ginger | Fats and Oils | Maca Root |
| Jalapeno | | Halibut | Mustard | Avocado Oil | Coconut flour |
| Paprika | | Tuna | Pesto | Olive Oil | Almond Flour |
| Peppers | | Lobster | Pickles | Coconut oil | Collagen supplement |
| Mustard greens | | Shrimp | Salsa | Grapeseed | Intermittent Fasting (IF) is also advised for optimal health and weight loss/ maintenance. Drink plenty of water to stay hydrated. Follow on Instagram @ericmadridmd |
| Sage | | Oysters | Vinegar | Mayonnaise | |
| Eggplant | | Trout | Italian Dress | Butter | |
| Olives | | Halibut | Caesar | MCT oil | |
| Okra | | | Balsamic | Tallow (beef fat) | |
| Thyme | | | Ranch | | |
| Tomatoes | | | Bleu Cheese | | |
| Zucchini | | | | | |

Many Suggest Keeping Net Carbs to 20-30 grams per day for optimal weight loss

(Net Carbs = Total Carbs – Fiber Carbs – Non Absorbable Sugar Carbs)