

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		Blue Cheese		Champagne
Brussel Sprouts		Beef	Cheddar	Hemp seeds	
Celery	Atkins bar	Steak	Feta cheese	macadamia	Sugar Substitutes
Chicory	Quest bar	Hamburger	Mozzarella	sesame seeds	Splenda
Cilantro	Quest Chips	Salami	Gouda	coconut	Stevia
Collards		Lamp	Swiss	pine nuts	Xylitol
Cloves		Venison	String Cheese	walnuts	Aspartame <i>(ok but not recommended)</i>
Cucumber		Seafood	Jack	Almond butter	Other
Curry Powder		Mackerel	Goat	Peanut butter	100% dark coco
Eggplant		Salmon	Condiments	Pistachio	Spirulina
Kale		Tilapia	Garlic	Cashews	Green powder
Jalapeno		Herring	Ginger	Chia Seeds	Chlorella
Paprika		Cod	Mustard		Maca Root
Peppers		Halibut	Pesto	Fats and Oils	Coconut flour
Mustard greens		Tuna	Pickles	Avocado Oil	Almond Flour
Sage		Lobster	Salsa	Olive Oil	Collagen suppl.
Eggplant		Shrimp	Vinegar	Coconut oil	Intermittent Fasting (IF) is also advised for optimal health and weight loss/ maintenance. Drink plenty of water to stay hydrated. Follow on Instagram @ericmadridmd
Olives		Oysters	Italian Dress	Grapeseed	
Okra		Trout	Caesar	Mayonnaise	
Thyme		Halibut	Balsamic	Butter	
Tomatoes			Ranch	MCT oil	
Zucchini			Bleu Cheese	Tallow (beef fat)	