

Keto Cheat Sheet

Fats

- Nuts + Seeds
- Almonds
- Almond Butter (unsalted)
- Almond Flour/ Meal
- Brazil Nuts
- Cashews
- Cashew Butter (unsalted)
- Coconut Shredded (unsweetened)
- Macadamias
- Macadamia Nut Butter
- Hazelnuts
- Pecans
- Pistachios
- Pine Nuts
- Pumpkin Seeds (hulled)
- Sesame Seeds
- Sunflower Seeds (hulled)
- Sunflower Seed Butter
- Tahini
- Walnuts
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⊖ Out:

- Peanuts
- Peanut Butter

Dairy

- Blue Cheese
- Brie
- Cheddar or Colby
- Cream Cheese
- Feta
- Goat Cheese (soft)
- Gouda
- Mozzarella (whole milk)
- Parmesan
- Swiss
- Cottage Cheese (2% fat)
- Ricotta (whole milk)
- Sour Cream
- Yogurt, plain, whole milk, unsweetened
- Heavy Whipping Cream

⊖ Out:

- Low-fat, reduced fat, fat free milk
- Half & half
- Evaporated, condensed milk
- Margarine

Proteins

- Beef, grassfed
- Poultry
- Pork
- Fish
- Shellfish
- Lamb
- Eggs
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⊖ Out:

- Processed Meats (hot dogs, pepperoni, salami, hot dogs, jerkys)

Carbohydrates

Raw Vegetables:

- Artichoke Hearts
- Arugula
- Beans
- Bok Choy
- Boston Lettuce
- Broccoli
- Cabbage
- Cauliflower
- Celery
- Chicory Greens
- Chinese Cabbage
- Chives
- Cucumber
- Daikon Radish
- Escarole
- Fennel
- Mixed Greens
- Iceberg Lettuce
- Jicama
- Loose-Leaf Lettuce
- Mushrooms
- Olives, black
- Olives, Green
- Onion
- Parsley
- Green Bell Peppers
- Red Bell Peppers
- Radicchio

- Radishes
- Romaine Lettuce
- Scallion/Green Onion
- Spinach
- Tomato
- Cherry Tomato
- Watercress

Cooked

Vegetables:

- Artichoke
- Asparagus
- Bamboo Shoots
- Green Beans
- Beet Greens
- Bok Choy
- Broccoli
- Broccoli Rabe
- Brussel Sprouts
- Green Cabbage
- Red Cabbage
- Cardoon
- Cauliflower
- Celery
- Swiss Chard
- Chayote
- Collard Greens
- Dandelion Greens
- Eggplant
- Escarole
- Fennel Bulb
- Kale
- Leeks
- Mushrooms, button
- Mushrooms, Shiitake
- Mustard Greens
- Okra
- Yellow Onion
- Green Bell Pepper
- Red Bell Pepper
- Pumpkin
- Sauerkraut
- Shallots
- Spaghetti Squash
- Spinach
- Summer Squash
- Tomato
- Turnips
- Zucchini

Fruits

- Avocado
- Blackberries

- Blueberries
- Cherries
- Cranberries, raw
- Currants
- Cantaloupe
- Honeydew
- Raspberries
- Strawberries
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⊖ Out:

- Grains: all wheat, oats, rice, quinoa, barley
- Starchy Vegetables: potatoes, sweet potatoes, parsnips, carrots, turnips
- High sugar fruits: banana, mango, watermelon, apples, grapes
- Processed foods
- Beans and Legumes

Drinks

- Broth
- Club Soda
- Caffeinated or Decaffeinated Coffee
- Lemon/Lime Juice
- Caffeinated or Decaffeinated Tea
- Unsweetened Almond milk
- Unsweetened Hemp Milk

Alcohol

- Beer (light)
- Bourbon
- Champagne
- Gin
- Rum
- Scotch
- Sherry (dry)
- Vodka
- Wine (red)
- Wine (white)
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⊖ Out:

- Cocktails, mixed drinks

- Frozen drinks
- Beers
- Sweet Wines (Riesling, Moscato, Sherry, and Port)

Dressings

- Blue Cheese Dressing
- Caesar Dressing
- Italian Dressing
- Lemon Juice
- Lime Juice
- Oil and Vinegar
- Ranch Dressing

Herbs/Spices

- Basil
- Oregano
- Parsley
- Rosemary
- Thyme
- Cilantro
- Cayenne pepper
- Chili powder
- Cumin
- Cinnamon
- Nutmeg
- Lemon or lime juice
- Salt and pepper
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⊖ Out:

- Ketchup
- BBQ Sauce
- Honey Mustard
- Anything containing sugar

Sweeteners

- Stevia
- Erythritol
- Monk Fruit
- Xylitol
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⊖ Out:

- Cane sugar
- Honey
- Maple Syrup
- High-Fructose Corn Syrup
- Date Syrup
- Agave Syrup

Keto in College

Sample Weekly Grocery List

The items on this list are editable, you can adjust it to your needs or replace completely.

Meat/Protein

**Fats, Oils, Dressings,
Condiments**

Produce

Baking

Dairy

Nuts & Seeds

Other

Drinks

BONUS SNACK IDEA
CHEESECAKE
ENERGY BALLS

4 oz cream cheese
¼ cup of almond butter (unsalted)
1 ½ tbsp Stevia

*Rolled in cacao nibs, unsweetened
coconut, or crushed up dark
chocolate chips*