

THE KETO PLANT PARADOX "YES PLEASE" LIST OF ACCEPTABLE FOODS

OILS

Algae oil
Olive Oil
Coconut oil
Macadamia oil
MCT oil
Avocado oil
Perilla oil
Walnut oil
Red palm oil
Rice bran oil
Sesame oil
Flavored cod liver oil

SWEETENERS

Stevia (SweetLeaf is my favorite)
Just Like Sugar (from chicory root- inulin)
Inulin
Yacón
Monk fruit
Luo han guo (Nutresse)
Erythritol (Swerve)
Xylitol

NUTS & SEEDS (1/2 cup/day)

Macadamia
Walnuts
Pistachios
Pecans
Coconut (not water)
Hazelnuts
Chestnuts
Coconut milk (unsweetened dairy substitute)
Flaxseeds
Hemp Seeds
Hemp Protein Powder
Psyllium
Pine Nuts (limited)
Brazil nuts (limited)
Coconut cream (canned)

OLIVES

All

DARK CHOCOLATE

90% or > (1 oz/day)

VINEGARS

All (w/o added sugar)

HERBS & SEASONINGS

All (except chili pepper flakes)
Miso

"FAT BOMB KETO"

BARS

Adapt Bar: Coconut and Chocolate

FLOURS

Coconut
Almond
Hazelnut
Sesame & seeds
Chestnut
Cassava
Green Banana
Sweet Potato
Tiger Nut
Grapeseed
Arrowroot

ICE CREAM

Coconut
Milk Dairy-Free Frozen Dessert (the So-Delicious blue label w/1 gram of sugar)

FOODLES

Capello's
Pasta Slim
Shirataki Noodles
Kelp Noodles
Miracle Noodles & Rice Noodles

DAIRY PRODUCTS 1

oz. cheese or 4 oz. yogurt/day
French/Italian Butter
Buffalo Butter
Ghee
Goat Butter & Cheese
Goat Brie
Goat/Sheep Kefir
Sheep Cheese Plain
Coconut Yogurt
Hi-Fat French/Italian cheeses ie Triple-cream Brie
Hi-Fat Switzerland cheese

Buffalo Mozzarella (Italy)
Organic heavy cream
Organic sour cream
Organic cream cheese

WINE (6 oz. day)

Red

SPIRITS (1/2 oz. day)

FISH (Any wild caught 2-4 oz./day)

Whitefish
Freshwater bass
Alaskan halibut
Canned tuna
Alaskan salmon
Hawaiian fish
Shrimp
Crab
Lobster
Scallots
Calamari/squid
Clams
Oysters
Mussels
Sardines
Anchoves

FRUIT

Avocado

VEGETABLES

Cruciferous:
Broccoli
Brussels sprouts
Cauliflower
Bok Choy
Napa cabbage
Chinese cabbage
Swiss chard
Arugula
Watercress
Collards
Kale
Green & Red Cabbage
Radicchio
Raw Sauerkraut
Kimchi

Other Vegetables:

Nopales Cactus
Celery
Onions
Leeks

Chives
Scallions
Chicory
Carrots (raw)
Carrot Greens
Artichokes
Beets (raw)
Radishes
Daikon radish
Jerusalem Artichokes /Sunchokes
Hearts of palm
Cilantro
Okra
Asparagus
Garlic

Leafy Greens:

Romaine
Red & Green leaf Lettuce
Kohlrabi
Mesclun
Spinach
Endive
Dandelion greens
Butter lettuce
Fennel
Escarole
Mustard greens
Mizuna
Parsley
Basil
Mint
Purslane
Perilla
Algae
Seaweed
Sea Vegetables
Mushrooms

RESISTANT STARCHES

(in moderation)
Siete brand Tortillas
Barely Bread bread & bagels
Julian Bakery Paleo Wraps & Paleo Coconut Flakes cereal
Green plantains
Green bananas
Baobab fruit
Cassava (tapioca)
Sweet potatoes or yams

Rutabaga
Parsnips
Yucca
Celery root (celeriac)
Glucomannan (konjac Root)
Persimmon
Jicama
Taro root
Turnips
Tiger nuts
Green mango
Millet
Sorghum
Green Papaya

PASTURED POULTRY

2-4 oz/day
Chicken
Turkey
Ostrich
Duck
Goose
Pheasant
Dove
Grouse
Quail
Pastured or Omega-3 eggs (up to 4 yolks but only 1 white)

MEAT (Grass fed - 2-4 oz. day)

Bison
Wild game
Venison
Boar
Elk
Pork (humanely raised)
Lamb
Beef Prosciutto

PLANT BASED MEATS

Quorn: Chik'n Tenders, Grounds, Chik'n Cutlets, Turk'y Roast & Bacon Style Slices
Hemp Tofu
Tempeh grain free only
Hilary's Veggie Burger



THE KETO PLANT PARADOX JUST SAY 'NO' LIST OF LECTIN-CONTAINING FOODS



REFINED, STARCHY FOODS

Pasta
 Rice
 Potatoes
 Potato chips
 Milk
 Bread
 Tortillas (except for the two Siete Products on Acceptable Lists)
 Pastry
 Flours made from grains and pseudo-grains
 Cookies
 Crackers
 Cereal
 Sugar
 Agave
 Splenda (sucralose)
 SweetOne or Sunett (acesulfame K)
 NutraSweet (aspartame)
 Sweet'n Low (saccharin)
 Diet drinks
 Maltodextrin

VEGETABLES

Peas
 Sugar snap peas
 Legumes
 Green beans
 Chick-peas (including as hummus)
 Soy
 Tofu
 Edamame
 Soy protein
 Textured vegetable protein (TVP)
 All beans, including sprouts
 All Lentils

NUTS AND SEEDS

Pumpkin
 Sunflower
 Chia
 Peanuts
 Cashews

FRUITS (some we call Vegetables)

All fruits, including berries
 Cucumbers
 Zucchini
 Pumpkins
 Squashes (any kind)
 Melons (any kind)
 Eggplant

Tomatoes
 Bell peppers
 Chili peppers
 Goji berries

NON-SOUTHERN EUROPEAN COW'S MILK PRODUCTS (these contain casein A-1)

Yogurt
 Greek yogurt
 Ice Cream
 Froze yogurts
 Cheese
 Ricotta
 Cottage cheese
 Kefit
 Casein protein powders

GRAIN-OR SOYBEAN-FED FISH, SHELLFISH, POULTRY, BEEF, LAMB AND PORK

SPROUTED GRAINS, PSEUDO-GRAINS AND GRASSES

Whole Grains
 Wheat (pressure cooking does not remove lectins from any form of wheat)
 Einkorn wheat
 Kamut
 Oats (cannot pressure cook)
 Quinoa
 Rye (cannot pressure cook)
 Bulgur
 Brown rice
 White rice
 Wild rice
 Barley (cannot pressure cook)
 Buckwheat
 Kashi
 Spelt
 Corn
 Corn products
 Cornstarch
 Corn syrup
 Popcorn
 Wheatgrass
 Barley grass

OILS

Soy
 Grape seed
 Corn
 Peanut
 Cottonseed
 Safflower
 Sunflower
 "Partially hydrogenated" Vegetable
 Canola