

Keto Diet Food List

Client information	
Name:	Age:
Gender:	Date of assessment:
Brief overview of keto diet	
<p>A Ketogenic Diet Food List is a structured grocery guide designed for individuals following a ketogenic diet which is a low-carbohydrate eating plan that emphasizes high saturated fat and moderate protein intake. This list categorizes foods to simplify keto meal planning and help you make informed choices when shopping or preparing meals.</p>	
Protein	Dairy products
<ul style="list-style-type: none">• Chicken• Poultry meat• Turkey• Pork or any steak• Lamb• Tofu• Eggs• Bacon• Other moderate protein diet staples	<ul style="list-style-type: none">• Plain Greek yogurt• Cottage cheese• Cream• Butter• High fat dairy products• Sour cream• Cheeses rich in healthy fats and low in net carbs
Non-starchy vegetables	Fruits
<ul style="list-style-type: none">• Broccoli• Cauliflower• Green leafy vegetables• Bell peppers• Asparagus• Artichokes• Eggplant	<ul style="list-style-type: none">• Avocados• Lemons• Tomatoes• Coconuts• Apricots• Berries
Nuts and seeds	Others
<ul style="list-style-type: none">• Almonds• Walnuts• Macadamias• Hazelnuts• Chia seeds• Sunflower seeds• Flax seeds	<ul style="list-style-type: none">• Stevia• Erythritol• Protein powder• Dark chocolate• Almond flour• Unsweetened coffee
<p><i>The food list is intended as a general guide for clients and should not replace personalized medical or nutritional advice. Always ensure dietary recommendations are tailored to each client's individual health status, goals, and needs.</i></p>	

Additional notes**Healthcare professional information****Name:****License ID:****Signature:****Date of assessment:**