

# Your Keto Diet Food List

<b>For Protein</b>	<b>Dairy Products</b>

<b>Non-starchy Vegetables</b>	<b>Fruits</b>

<b>Nuts</b>	<b>Seeds</b>

<b>Miscellaneous</b>	<b>Recommendations from Others</b>

<b>Things to Avoid</b>

**NOTES**