

What Can I Eat?



Vegetables

Leafy Greens • Broccoli
Cauliflower • Brussel Sprouts
Asparagus • Green Beans
Cabbage



Fruits*

Strawberries • Blueberries
Blackberries • Raspberries



Nuts/Seeds

Macadamia Nuts
Almonds • Walnuts
Pecans • Pumpkin Seeds
Brazil Nuts • Hazel Nuts



Oils/Fats

MCT Oil • Coconut Oil
Lard • Butter • Ghee
Olive Oil



Meat/Protein

Fish/Seafood • Eggs
Beef • Pork
Poultry



Dairy*

Heavy Cream • Cheese
Sour Cream • Cream Cheese
Mascarpone Cheese