



MY KETO COACH | FOOD LIST

MEAT & SEAFOOD

All seafood, red meat, white meat and organ meats are acceptable, but beware of:

- The carb content of some shellfish and seafood.
- Foods bulked out with rusk (flour) like sausage, “chicken shapes”, hot dogs and economy burgers
- Anything coated in breadcrumbs or batter
- Meats that come covered in sugary glazes or pre-packaged with starchy sauces
- Meats cured with sugar/honey

Seafood	Serving Size	Grams of Net carbs
Raw Shrimp	1/4 lb	5
Squid	1/4 lb	9
Imitation Crab	1 oz	4.6

SALAD VEGETABLES

Vegetable	Serving Size	Grams of Net carbs
Alfalfa sprouts	½ cup	0.2
Artichoke hearts, marinated	4 pieces	2
Artichoke hearts, canned	1 heart	1
Arugula	1 cup	0.4
Avocado, Haas	½ fruit	1.8
Beans: green, snap, string, wax	½ cup, raw	2.1

Bok choy (pak choi)	1 cup, raw	0.4
Boston/Bibb lettuce	1 cup, raw	0.8
Broccoli florets	½ cup	0.8
Cabbage, green, red, savoy	½ cup, shredded	1.1
Cauliflower florets	½ cup	1.4
Celery	1 stalk	0.8
Celery root (celeriac)	½ cup, grated	3.5
Chicory greens	½ cup	0.1
Chinese cabbage	½ cup, shredded	0
Chives	1 tablespoon	0.1
Cucumber	½ cup, sliced	1
Daikon radish	½ cup	1
Endive	½ cup	0.4
Escarole	½ cup	0.1
Fennel	½ cup	1.8
Greens, mixed	1 cup	0.4
Iceberg lettuce	1 cup	0.2
Jicama	½ cup	2.5
Loose-leaf lettuce	1 cup	1
Mesclun	1 cup	0.5
Mung bean sprouts	½ cup	2.1
Mushrooms, button, fresh	½ cup	1.2
Olives, black	5	0.7
Olives, green	5	0
Onion	2 tablespoons, chopped	1.5
Parsley (and all fresh herbs)	1 tablespoon	0.1
Peppers, green bell	½ cup	2.1
Peppers, red bell	½ cup	2.9
Radicchio	½ cup	0.7
Radishes	6	0.5
Romaine lettuce	1 cup	0.4
Scallion/green onion	¼ cup	1.2
Spinach	1 cup	0.2
Tomato	1 small (3–113g / 4oz)	2.5
Tomato	1 medium	3.3
Tomato, cherry	5	2.2
Watercress	½ cup	0

COOKED VEGETABLES

Vegetable	Serving Size	Grams of Net Carbs
Artichoke	½ medium	3.5
Asparagus	6 spears	2.4
Bamboo shoots, canned, sliced	½ cup	1.2
Beans, green, wax, string, snap	½ cup	2.9
Beet greens	½ cup	3.7
Bok choy (pak choy)	½ cup	0.2
Broccoflower	½ cup	2.3
Broccoli	½ cup	1.7
Broccoli rabe	½ cup	2
Brussels sprouts	¼ cup	1.8
Cabbage, green	½ cup	1.6
Cabbage, red	½ cup	2
Cabbage, savoy	½ cup	1.9
Cardoon	½ cup	2.7
Cauliflower	½ cup	0.9
Celery	½ cup	1.2
Chard, swiss	½ cup	1.8
Chayote	½ cup	1.8
Collard greens	½ cup	2
Dandelion greens	½ cup	1.8
Eggplant	½ cup	2
Escarole	½ cup	0.1
Fennel	½ cup	1.5
Hearts of palm	1 heart	0.7
Kale	½ cup	2.4
Kohlrabi	¼ cup	2.3
Leeks	½ cup	3.4
Mushrooms, button	¼ cup	2.3
Mushrooms, shiitake	¼ cup	4.4
Mustard greens	½ cup	0.1

Nopales (cactus pads)	½ cup	1
Okra	½ cup	2.4
Onion	¼ cup	4.3
Peppers, green bell, chopped	¼ cup	1.9
Peppers, red bell, chopped	¼ cup	1.9
Pumpkin	¼ cup	2.4
Rhubarb, unsweetened	½ cup	1.7
Sauerkraut	½ cup, drained	1.2
Scallions	½ cup	2.4
Shallots	2 tablespoons	3.1
Snow peas/snap peas in the pod	½ cup	3.4
Sorrel	½ cup	0.2
Spaghetti squash	¼ cup	2
Spinach	½ cup	2.2
Summer squash	½ cup	2.6
Tomatillo	½ cup	2.6
Tomato	¼ cup	4.3
Turnips (white), mashed	½ cup	3.3
Water chestnuts	¼ cup (canned)	3.5
Zucchini	½ cup	1.5

SOY/VEGETARIAN

Product	Serving size	Grams of Net Carbs
Almond milk, unsweetened	1 cup	1
Quorn burger	1	4
Quorn roast	113g / 4oz	4
Quorn unbreaded cutlet	1	3
Seitan	1 piece	2
Shirataki soy noodles	½ cup cooked	1
Soy “cheese”	1 slice	1
Soy “cheese”	28g / 1oz	2
Soy milk, plain, unsweetened	1 cup	1.2
Tempeh	½ cup	3.3
Tofu, firm	113g / 4oz	2.5

Tofu, silken, soft	113g / 4oz	3.1
Tofu "bacon"	2 strips	2
Tofu "Canadian bacon"	3 slices	1.5
Tofu "hot dogs"	1	2.0–5.0 (depending on brand)
Tofu bulk "sausage"	57g / 2oz	2
Tofu link "sausage"	2 links	4
Vegan "cheese," no casein	1 slice	5
Vegan "cheese," no casein	28g / 1oz	6
Veggie burger	1 burger	2
Veggie crumbles	¾ cup	2
Veggie "meatballs"	4–5 balls	4

DAIRY

Cheese	Serving Size	Grams of net carbs
Blue cheese	2 tablespoons	0.4
Brie	28g / 1oz	0.1
Cheddar or Colby	28g / 1oz	0.4
Cream cheese	2 tablespoons	0.8
Feta	28g / 1oz	1.2
Goat cheese, soft	28g / 1oz	0.3
Gouda	28g / 1oz	0.6
Mozzarella, whole milk	28g / 1oz	0.6
Parmesan	28g / 1oz	0.9
Swiss	28g / 1oz	1
Cottage cheese, 2% fat	½ cup	4.1
Cottage cheese, creamed	½ cup	2.8
Milk, whole, evaporated	2 tablespoons	3
Quark	113g / 4oz	5
Ricotta, whole milk	½ cup	3.8
Sour cream	1 tablespoon	1
Yogurt, low carb	113g / 4oz	3
Yogurt, plain, unsweetened, whole milk	113g / 4oz	5.5
Yogurt, Greek, plain, unsweetened whole milk	113g / 4oz	3.5

Heavy whipping or “double” cream (fluid)	½ cup	7
Heavy whipping or “double” cream (whipped)	½ cup	3

ACCEPTABLE FATS AND OILS

Butter
 Lard/Dripping
 Mayonnaise
 Canola Oil
 Coconut Oil
 Safflower Oil
 Flaxseed Oil
 Olive Oil
 Sesame Seed Oil
 Grapeseed Oil
 Walnut Oil

SWEETENERS

Splenda (sucralose)
 Truvia or SweetLeaf (natural products made from stevia)
 Sweet’N Low (saccharin)
 Xylitol (available in health food stores and some supermarkets)

For granulated sweeteners, count every 1tsp as 1g net carbs because these products can contain bulking agents which invoke an insulin response.

DRINKS AND ALCOHOL

Acceptable drinks

Clear broth/bouillon (not low sodium, no added sugar).
 Club soda.
 Cream, heavy or light, or half-and-half (28g / 1oz to 140g / 5oz a day).
 Caffeinated or decaffeinated coffee.
 Caffeinated or decaffeinated tea.
 Diet soda sweetened with noncaloric sweeteners.
 Lemon juice (2.5g) and Lime juice (2.9g)
 Plain or essence-flavored seltzer (must say “no calories”).
 Herb tea (without added barley or fruit sugars).
 Unsweetened, unflavored soy or almond milk
 Water (tap, spring, filtered, or mineral).
 Spirits and dry wines

Beverage	Serving size	Grams of Net Carbs
Beer, light	336g / 12oz	7
Beer, low-carb	336g / 12oz	3
Bourbon	28g / 1oz	0
Champagne	113g / 4oz	4
Gin	28g / 1oz	0
Mixers, sugar free	1 serving	4
Rum	28g / 1oz	0
Scotch	28g / 1oz	0
Sherry, dry	57g / 2oz	2
Vodka	28g / 1oz	0
Wine, dry dessert	140g / 5oz	4
Wine, red	140g / 5oz	2
Wine, white	140g / 5oz	1

FRUIT AND NUTS

Fruit	Serving Size	Grams of Net Carbs
Blackberries, fresh	¼ cup	2.7
Blackberries, frozen	¼ cup	4.1

Blueberries, fresh	¼ cup	4.1
Blueberries, frozen	¼ cup	3.7
Boysenberries, fresh	¼ cup	2.7
Boysenberries, frozen	¼ cup	2.8
Cherries, sour, fresh	¼ cup	2.8
Cherries, sweet, fresh	¼ cup	4.2
Cranberries, raw	¼ cup	2
Currants, fresh	¼ cup	2.5
Gooseberries, raw	½ cup	4.4
Loganberries, raw	¼ cup	2.7
Melon, cantaloupe balls	¼ cup	3.7
Melon, Crenshaw balls	¼ cup	2.3
Melon, honeydew balls	¼ cup	3.6
Raspberries, fresh	¼ cup	1.5
Raspberries, frozen	¼ cup	1.8
Strawberries, fresh, sliced	¼ cup	1.8
Strawberries, frozen	¼ cup	2.6
Strawberry, fresh	1 large	1
Nut or Seed	Serving Size	Grams of Net Carbs
Almonds	24 nuts	2.3
Almond butter	1 tablespoon	2.5
Almond meal/flour	¼ cup	3
Brazil nuts	5 nuts	2
Cashews	9 nuts	4.4
Cashew butter	1 tablespoon	4.1
Coconut, shredded unsweetened	¼ cup	1.3
Macadamias	6 nuts	2
Macadamia butter	1 tablespoon	2.5
Hazelnuts	12 nuts	0.5
Peanuts	22 nuts	1.5
Peanut butter, natural	1 tablespoon	2.4
Peanut butter, smooth	1 tablespoon	2.2
Pecans	10 halves	1.5
Pine nuts (piñons)	2 tablespoons	1.7
Pistachios	25 nuts	2.5
Pumpkin seeds, hulled	2 tablespoons	2

Sesame seeds	2 tablespoons	1.6
Soy “nuts”	2 tablespoons	2.7
Soy “nut” butter	1 tablespoon	3
Sunflower seeds, hulled	2 tablespoons	1.1
Sunflower seed butter	1 tablespoon	0.5
Tahini (sesame paste)	1 tablespoon	0.8
Walnuts	7 halves	1.5

DRESSINGS AND CONDIMENTS

As with meats, beware of sauces and dressings that contain sugar or starchy thickening agents.

Condiment, Herb, or Spice	Serving Size	Grams of Net Carbs
Ancho chili pepper	1 pepper	5.1
Anchovy paste	1 tablespoon	0
Black bean sauce	1 teaspoon	3
Capers	1 tablespoon	0.1
Chipotle en adobe	2 peppers	2
Clam juice	1 cup	0
Coconut milk, unsweetened	½ cup	1.9
Cocoa powder, unsweetened	1 tablespoon	1.2
Enchilada sauce	¼ cup	2
Fish sauce	1 teaspoon	0.2
Garlic	1 large clove	0.9
Ginger	1 tablespoon grated root	0.8
Horseradish sauce	1 teaspoon	0.4
Jalapeño chili pepper	½ cup sliced	1.4
Miso paste	1 tablespoon	2.6
Mustard, Dijon	1 teaspoon	0.5
Mustard, yellow	1 teaspoon	0
Pasilla chili pepper	1 pepper	1.7
Pesto sauce	1 tablespoon	0.6
Pickapeppa sauce	1 teaspoon	1
Pickle, dill or kosher	½ pickle	1

Pimento/roasted red pepper	28g / 1oz	2
Salsa, green (no added sugar)	1 tablespoon	0.6
Salsa, red (no added sugar)	1 tablespoon	1
Serrano chili pepper	½ cup	1.6
Soy sauce	1 tablespoon	0.9
Sriracha	1 teaspoon	1
Tabasco or other hot sauce	1 teaspoon	0
Taco sauce	1 tablespoon	1
Tahini (sesame paste)	2 tablespoons	1
Vinegar, balsamic	1 tablespoon	2.3
Vinegar, cider	1 tablespoon	0.9
Vinegar, red wine	1 tablespoon	1.5
Vinegar, rice (unsweetened)	1 tablespoon	0
Vinegar, sherry	1 tablespoon	0.9
Vinegar, white wine	1 tablespoon	1.5
Wasabi paste	1 teaspoon	0
Dressing	Serving Size	Grams of Net Carbs
Blue cheese dressing	2 tablespoons	2.3
Caesar salad dressing	2 tablespoons	0.5
Italian dressing	2 tablespoons	3
Lemon juice	2 tablespoons	2.5
Lime juice	2 tablespoons	2.9
Oil and vinegar	2 tablespoons	1
Ranch dressing	2 tablespoons	1.4

DINING OUT

If you're paying good money to eat out, don't feel guilty about asking for a meal minus the bun, or a slightly different order to what is listed

Chinese

Pork spare ribs without any sauce
 Roasted duck
 Egg-drop soup
 Suan la Tang

Hot and Sour Soup

Indian

Almost anything - avoid Dahl or any lentils, and obviously the rice. Korma has nice coconut base, and I believe it uses a heap of coconut milk and heavy

Tandoori chicken

Saag paneer or any kind of meat (saag is a spinach based sauce)

Chicken vindaloo

Note that vegetarian dishes may be heavy in potato

Mexican

Chicken or Steak Fajita Mix without the tortillas served on a bed of lettuce and sour cream with guacemole

Chipotle salads

Taco salad in general minus the shell

Burger Joints

Any burger without the bun/ketchup - beware of breaded products

Most places offer salad alternatives of a meal with fries

Italian

Any oily salad with meatballs or cheese as a base (Ask if it's not on the menu)

Any meat with marsala sauce, mostly veal or chicken

Italian sausage with different peppers

Pizza without the crust- just peel the topping off

Steaks/Lobster

Acqua pazza

Omelettes

Cafes and Breakfast Bars

All-day cooked breakfasts are fine (Bacon, eggs, sausage, minus the toast, scones, biscuits and waffles, obviously)

Japanese

Sashimi

Teriyaki (Beware of sweet sauces)

Vietnamese

Pho without the noodles. It may still have a little sugar in it, but it's worth it! Ask for extra sprouts.

Turkish

Kebab/gyro - get the meat on salad, skip the hummus. Lots of dressing options, but mayo is probably the lowest carb.

Steakhouses

Steaks (Obviously)

Ribs without sauces

Burgers without buns

Salads with oily dressings

Seafood Restaurants

All seafood is acceptable minus breading/batter

Mussels in moderation as they are quite high in carbs

German

Steak Tartar

Sauerkraut and sausages and other pork meat



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