

Vegetables	Fruit	Nuts and seeds
Avocado Alfalfa Asian greens Asparagus Bean sprouts Bok choy Broccoli Brussel's sprouts Cabbage Capsicum Carrots, Cauliflower Celery Coleslaw (dry) Cucumbers Daikon radish Eggplant Fennel Garlic Ginger Green beans Lettuce Leeks, Mushrooms Onions Parsley Peas** Pumpkin** Radishes Rocket Salad greens Silver beets Shallots Snow peas Spinach Sprouts, Squash Tomatoes Watercress Zucchini. (**Limit to one cup per day)	Apples Apricots Cherries Grapefruit Kiwi fruit Lemons Limes Passion fruits Peaches Plums All berries including Blackberries Blueberries Mulberries Raspberries Strawberries. (** Not fruit in the first two weeks of the program. When you begin to add fruit to the diet, always start with a small handful of berries and test for ketosis 20 minutes afterwards. Some people are more sensitive than others.)	Fish and seafood
		Nut meals and unsweetened nut butters Almonds Brazil nuts Coconut Coconut milk Flax/linseed Hazelnuts Tahini
	Meats	All fish including barramundi Dory Flat head Mackerel Mullet Perch sardines Salmon Snapper Tuna Trout and whiting All seafood including squid Prawns Oysters and mussels
	All meats including beef Kangaroo Lamb Veal and pork	

Eggs and poultry	Oils	Condiments and sauces
All poultry including Chicken Quail Turkey and duck Eggs including Chicken Duck and quail	All coldpressed Olive Coconut Sesame Walnut Flaxseed and macadamia oils	All herbs Seasonings and spices Curry paste Coconut milk Egg Mayonnaise Eggplant dip Fish sauce Herb infused oils Horseradish Hot pickles Hot chilli sauce Lemon juice Lemon Pepper Lime juice Mustard Olives Pesto Salad dressing (no added sugar) Soy sauce Tabasco Tahini Tamari Vinegar Wasabi Worcestershire sauce. (** Always read the label when buying store bought, choose the lowest carb available.)
Beverages	Dairy	
All teas including Black Chai Green Peppermint Rosehip and other Herbal teas Soda water Mineral water Filtered water	Blue vein Brie Camembert Cream Cottage Ricotta and fetta cheese all hard (yellow) cheese including Colby Cheddar Edam Haloumi Jarlsberg Mozzarella Parmesan Pizza Romano Swiss butter and cream	
Soy foods		
Miso Tofu and tempeh		
Sweeteners		
Stevia drops available at health food stores		