



THE

KETO 90

Lifestyle

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GOOD FOOD VS. BAD FOOD

GOOD

- Eggs (soft)
- Butter / ghee
- Iodized salt
- Vegetables (lowest carb)
- Berries
- Nuts (no peanuts)
- Poultry
- Red meat (rare/medium)
- Vegan meat alternative
- Coconut/almond/pea milk
*unsweetened & low carb
- Coconut cream & butter
- Seafood & fish
- Full fat dairy

NOTE: It is best to select eggs, meats, poultry and dairy items market hormone-free and grass-fed.

BAD

- Wheat
- Rye
- Barley
- Oats
- Soy
- Corn
- Fried foods
- Red meat (well done)
- Nitrates/nitrites
- Crispy skin of a baked potato
- Carbonated soda
- Sugars
- Margarine
- Mayo
- Oils & oil-based salad dressings