



THE

KETO 90

Lifestyle

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GREAT FOOD CHOICES

PROTEIN

- Bacon
- Beef, ground (lean)
- Beef, steak
- Beef, chuck or roast
- Chicken
- Clams
- Cottage cheese
- Crab
- Duck
- Egg
- Elk steak
- Fish filet (no breading)
- Ham
- Lamb
- Breakfast sausage
- Pork ribs
- Pork
- Salmon
- Scallops
- Shrimp
- Tuna
- Turkey

NUT & SEEDS

- Almond meal (flour)
- Coconut butter
- Coconut (unsweetened)
- Almonds
- Brazil nuts
- Hazel nuts
- Macadamia nuts
- Pecans
- Walnuts
- Chia seeds
- Flax seeds
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds

VEGETABLES

- Asparagus
- Green beans
- Broccoli
- Cabbage
- Celery
- Cucumber
- Cauliflower
- Eggplant
- Lettuce
- Mushrooms
- Green onion
- Shallots
- Spinach
- Swiss chard

DAIRY

- Blue cheese
- Brie
- Butter (full fat)
- Cheddar
- Cottage cheese
- Cream cheese (full fat)
- Mexican blend
- Monterey jack
- Mozzarella
- Parmesan
- Provolone
- Ricotta (whole milk)
- Swiss
- Heavy whip cream
- Sour cream (full fat)
- Yogurt (greek full fat)