

# Healthy Fats List

types of fat	serving	macros (per serving)	macros (per 100 g / 3.5 oz)
Extra Virgin Olive Oil	15 ml / 13.5 g (1 tbsp)	calories: 119; fat: 13.5 g; net carbs: 0 g; protein: 0 g	calories: 884; fat: 100 g; net carbs: 0 g; protein: 0 g
Avocado Oil	15 ml / 13.5 g (1 tbsp)	calories: 119; fat: 13.5 g; net carbs: 0 g; protein: 0 g	calories: 884; fat: 100 g; net carbs: 0 g; protein: 0 g
Coconut Oil	15 ml / 13.5 g (1 tbsp)	calories: 116; fat: 13.5 g; net carbs: 0 g; protein: 0 g	calories: 862; fat: 100 g; net carbs: 0 g; protein: 0 g
Ghee	15 ml / 13.5 g (1 tbsp)	calories: 119; fat: 13.5 g; net carbs: 0 g; protein: 0 g	calories: 884; fat: 100 g; net carbs: 0 g; protein: 0 g
Butter	15 ml / 14.2 g (1 tbsp)	calories: 102; fat: 11.52 g; net carbs: 0.01 g; protein: 0.12 g	calories: 717; fat: 81.11 g; net carbs: 0.06 g; protein: 0.85 g
Lard	15 ml / 12.8 g (1 tbsp)	calories: 115; fat: 13 g; net carbs: 0 g; protein: 0 g	calories: 902; fat: 100 g; net carbs: 0 g; protein: 0 g
foods high in fat	serving	macros (per serving)	macros (per 100 g / 3.5 oz)
Avocados	100 g / 3.5 oz / approx. 1/2 avocado	calories: 160; fat: 14.7 g; net carbs: 1.8 g; protein: 2 g	calories: 160; fat: 14.7 g; net carbs: 1.8 g; protein: 2 g
Eggs	1 medium egg	calories: 63; fat: 4.2 g; net carbs: 0.3 g; protein: 6 g	calories: 143; fat: 10 g; net carbs: 0.7 g; protein: 13 g
Ground beef, 20% fat, raw	100 g / 3.5 oz	calories: 254; fat: 20 g; net carbs: 0 g; protein: 17 g	calories: 254; fat: 20 g; net carbs: 0 g; protein: 17 g
Bacon, pork	28 g / 1 oz	calories: 128; fat: 12.6 g; net carbs: 0.2 g; protein: 3.2 g	calories: 458; fat: 45 g; net carbs: 0.7 g; protein: 11.6 g
Salmon, raw	1/2 filet / 198 g	calories: 412; fat: 27 g; net carbs: 0 g; protein: 40 g	calories: 208; fat: 13 g; net carbs: 0 g; protein: 20 g
Olives, pickled, green	28 g / 1 oz	calories: 41; fat: 4.3 g; net carbs: 0.2 g; protein: 0.3 g	calories: 145; fat: 15.3 g; net carbs: 0.5 g; protein: 1 g
Macadamia Nuts*	28.4 g / 1 oz / 10-12 kernels	calories: 204; fat: 21 g; net carbs: 1.5 g; protein: 2.2 g	calories: 718; fat: 76 g; net carbs: 5 g; protein: 8 g
Brazil Nuts*	28.4 g / 1 oz / 6 kernels	calories: 186; fat: 19 g; net carbs: 1.4 g; protein: 4.1 g	calories: 656; fat: 66 g; net carbs: 4 g; protein: 14 g
Almonds*	28.4 g / 1 oz / 23 kernels	calories: 163; fat: 14 g; net carbs: 2.5 g; protein: 6 g	calories: 576; fat: 49 g; net carbs: 10 g; protein: 21 g
Cheddar Cheese*	28.4 g / 1 oz	calories: 114; fat: 9 g; net carbs: 0.4 g; protein: 7 g	calories: 402; fat: 33 g; net carbs: 1.3 g; protein: 25 g
Heavy Cream*	15 g (1 tbsp)	calories: 51.8; fat: 5.6 g; net carbs: 0.4 g; protein: 0.3 g	calories: 345; fat: 37 g; net carbs: 2.8 g; protein: 2.1 g
Half-and-Half*	15 g (1 tbsp)	calories: 19.5; fat: 1.7 g; net carbs: 0.6 g; protein: 0.4 g	calories: 130; fat: 11.5 g; net carbs: 4.3 g; protein: 3 g
Full fat coconut oil*	15 g (1 tbsp)	calories: 30; fat: 3.2 g; net carbs: 0.42 g; protein: 0.3 g	calories: 197; fat: 21.3 g; net carbs: 2.8 g; protein: 2 g

# Protein List

foods high in protein	serving	macros (per serving)	macros (per 100 g / 3.5 oz)
Chicken Breast	1/2 medium breast	calories: 191; fat: 7.6 g; net carbs: 0 g; protein: 29 g	calories: 195; fat: 7.7 g; net carbs: 0 g; protein: 30 g
Chicken Thighs	1 medium	calories: 152; fat: 9.5 g; net carbs: 0 g; protein: 15.4 g	calories: 245; fat: 15.36 g; net carbs: 0 g; protein: 25 g
Turkey Meat	100 g / 3.5 oz	calories: 119; fat: 2.9 g; net carbs: 0 g; protein: 21.8 g	calories: 119; fat: 2.9 g; net carbs: 0 g; protein: 21.8 g
Duck Meat	100 g / 3.5 oz	calories: 132; fat: 6 g; net carbs: 0 g; protein: 18.3 g	calories: 132; fat: 6 g; net carbs: 0 g; protein: 18.3 g
Pork Meat	100 g / 3.5 oz	calories: 271; fat: 17 g; net carbs: 0 g; protein: 27 g	calories: 271; fat: 17 g; net carbs: 0 g; protein: 27 g
Beef Meat	100 g / 3.5 oz	calories: 288; fat: 20 g; net carbs: 0 g; protein: 26 g	calories: 288; fat: 20 g; net carbs: 0 g; protein: 26 g
Beef Liver	100 g / 3.5 oz	calories: 135; fat: 3.6 g; net carbs: 3.9 g; protein: 20.4 g	calories: 135; fat: 3.6 g; net carbs: 3.9 g; protein: 20.4 g
Beef Kidneys	100 g / 3.5 oz	calories: 103; fat: 3.1 g; net carbs: 0.3 g; protein: 17.4 g	calories: 103; fat: 3.1 g; net carbs: 0.3 g; protein: 17.4 g
Ground beef, 20% fat, raw	100 g / 3.5 oz	calories: 254; fat: 20 g; net carbs: 0 g; protein: 17 g	calories: 254; fat: 20 g; net carbs: 0 g; protein: 17 g
Bacon, Pork	28 g / 1 oz	calories: 128; fat: 12.6 g; net carbs: 0.2 g; protein: 3.2 g	calories: 458; fat: 45 g; net carbs: 0.7 g; protein: 11.6 g
Bone Broth, Beef	1 cup (245 g / 8.64 oz)	calories: 40; fat: 1 g; net carbs: 0 g; protein: 4 g	calories: 17; fat: 0 g; net carbs: 0 g; protein: 2 g
Eggs	1 medium egg	calories: 63; fat: 4.2 g; net carbs: 0.3 g; protein: 6 g	calories: 143; fat: 10 g; net carbs: 0.7 g; protein: 13 g
Salmon, raw	1/2 filet / 198 g	calories: 412; fat: 27 g; net carbs: 0 g; protein: 40 g	calories: 208; fat: 13 g; net carbs: 0 g; protein: 20 g
Tuna fish, light, canned	1 cup (solid or chunks, 154 g / 5.4 oz)	calories: 179; fat: 1.3 g; net carbs: 0 g; protein: 39.3 g	calories: 116; fat: 0.8 g; net carbs: 0 g; protein: 25.5 g
Mackerel, Atlantic, raw	1 fillet (112 g / 4 oz)	calories: 230; fat: 15.6 g; net carbs: 0 g; protein: 20.8 g	calories: 205; fat: 13.9 g; net carbs: 0 g; protein: 18.6 g
Shrimp, raw	1 serving (85 g / 3 oz)	calories: 90; fat: 1.5 g; net carbs: 0.8 g; protein: 17.3 g	calories: 106; fat: 1.7 g; net carbs: 0.9 g; protein: 20.3 g
Almonds*	28.4 g / 1 oz / 23 kernels	calories: 163; fat: 14 g; net carbs: 2.5 g; protein: 6 g	calories: 576; fat: 49 g; net carbs: 10 g; protein: 21 g
Cheddar Cheese*	28.4 g / 1 oz	calories: 114; fat: 9 g; net carbs: 0.4 g; protein: 7 g	calories: 402; fat: 33 g; net carbs: 1.3 g; protein: 25 g
Feta Cheese*	1/2 cup, crumbled (75 g / 2.6 oz)	calories: 198; fat: 15.8 g; net carbs: 3 g; protein: 10.6 g	calories: 264; fat: 21.3 g; net carbs: 4.1 g; protein: 14.2 g
Greek Yogurt	100 g / 3.5 oz	calories: 59; fat: 0.4 g; net carbs: 3.6 g; protein: 10 g	calories: 59; fat: 0.4 g; net carbs: 3.6 g; protein: 10 g

# Vegetables List (Common Veggies)

vegetables	serving	macros (per serving)	macros (per 100 g / 3.5 oz)
Spinach	1 cup (approx. 30 g / 1.05 oz)	calories: 7; fat: 0.12 g; net carbs: 0.39 g; protein: 0.86 g	calories: 23; fat: 0.39 g; net carbs: 1.41 g; protein: 2.86 g
Lettuce	1 cup shredded (approx. 36 g / 1.3 oz)	calories: 5.4; fat: 0.1 g; net carbs: 0.5 g; protein: 0.5 g	calories: 15; fat: 0.2 g; net carbs: 1.5 g; protein: 1.4 g
Arugula	1 cup (approx. 20 g / 0.7 oz)	calories: 5; fat: 0.2 g; net carbs: 0.4 g; protein: 0.6 g	calories: 25; fat: 0.7 g; net carbs: 2.1 g; protein: 2.6 g
Bok choy	1 cup shredded (approx. 70 g / 2.5 oz)	calories: 9; fat: 0.1 g; net carbs: 0.8 g; protein: 1.1 g	calories: 13; fat: 0.2 g; net carbs: 2.2 g; protein: 1.5 g
Asparagus, raw	1/2 cup (approx. 67 g / 2.36 oz)	calories: 13.8; fat: 0.1 g; net carbs: 1.25 g; protein: 1.45 g	calories: 20; fat: 0.1 g; net carbs: 1.9 g; protein: 2.2 g
Zucchini	1 medium, with skin on (approx. 196 g / 6.9 oz)	calories: 31.4; fat: 0.4 g; net carbs: 4.4 g; protein: 2.4 g	calories: 16; fat: 0.2 g; net carbs: 2.2 g; protein: 1.2 g
Cucumber	1/2 cup, peeled, chopped (approx. 66 g / 2.3 oz)	calories: 8; fat: 0.1 g; net carbs: 1 g; protein: 0.4 g	calories: 12; fat: 0.2 g; net carbs: 1.5 g; protein: 0.6 g
Tomatoes	1 medium whole (approx. 123 g / 4.3 oz)	calories: 22.1; fat: 0.2 g; net carbs: 3.3 g; protein: 1.1 g	calories: 18; fat: 0.2 g; net carbs: 2.7 g; protein: 0.9 g
Cherry Tomatoes	1/2 cup (approx. 75 g / 2.7 oz)	calories: 13.4; fat: 0.15 g; net carbs: 2 g; protein: 0.7 g	calories: 18; fat: 0.2 g; net carbs: 2.7 g; protein: 0.9 g
Kale, raw	1 cup, chopped (approx. 67 g / 2.36 oz)	calories: 33.5; fat: 0.5 g; net carbs: 5.4 g; protein: 2.2 g	calories: 50; fat: 0.7 g; net carbs: 8 g; protein: 3.3 g
Cabbage, raw	1 cup, chopped (approx. 85 g / 3 oz)	calories: 22; fat: 0.1 g; net carbs: 3 g; protein: 1.1 g	calories: 25; fat: 0.1 g; net carbs: 3.3 g; protein: 1.3 g
Celery	1 stalk, large (64 g / 2.3 oz)	calories: 10.2; fat: 0.1 g; net carbs: 1.2 g; protein: 0.4 g	calories: 16; fat: 0.2 g; net carbs: 1.8 g; protein: 0.7 g
Peppers (green, raw)	1 medium whole (approx. 119 g / 4.2 oz)	calories: 23.8; fat: 0.2 g; net carbs: 3.5 g; protein: 1 g	calories: 20; fat: 0.2 g; net carbs: 2.9 g; protein: 0.9 g
Peppers (red, raw)	1 medium whole (approx. 119 g / 4.2 oz)	calories: 36.9; fat: 0.4 g; net carbs: 5 g; protein: 1.2 g	calories: 31; fat: 0.3 g; net carbs: 4.2 g; protein: 1 g
Eggplant, raw	1 cup, cubes (82 g / 2.9 oz)	calories: 19.7; fat: 0.2 g; net carbs: 1.9 g; protein: 0.8 g	calories: 24; fat: 0.2 g; net carbs: 2.3 g; protein: 1 g
Broccoli, raw	1 cup, chopped (91 g / 3.2 oz)	calories: 30.9; fat: 0.3 g; net carbs: 3.6 g; protein: 2.6 g	calories: 34; fat: 0.4 g; net carbs: 4 g; protein: 2.8 g
Cauliflower, raw	1 cup (100 g / 3.5 oz)	calories: 25; fat: 0.1 g; net carbs: 2.8 g; protein: 2 g	calories: 25; fat: 0.1 g; net carbs: 2.8 g; protein: 2 g
Mushrooms, white, raw	1 cup, pieces or slices (70 g / 2.5 oz)	calories: 15.4; fat: 0.2 g; net carbs: 1.4 g; protein: 2.2 g	calories: 22; fat: 0.3 g; net carbs: 2.3 g; protein: 3.1 g
Onion, raw	1 slice, medium (14 g / 0.5 oz)	calories: 5.6; fat: 0 g; net carbs: 1.1 g; protein: 0.2 g	calories: 40; fat: 0.1 g; net carbs: 7.6 g; protein: 1.1 g
Garlic	1 clove (3 g / 0.1 oz)	calories: 4.5; fat: 0 g; net carbs: 0.9 g; protein: 0.2 g	calories: 149; fat: 0.5 g; net carbs: 31 g; protein: 6.4 g

# Fruits List

fruit	serving	macros (per serving)	macros (per 100 g / 3.5 oz)
Avocados	100 g / 3.5 oz / approx. 1/2 avocado	calories: 160; fat: 14.7 g; net carbs: 1.8 g; protein: 2 g	calories: 160; fat: 14.7 g; net carbs: 1.8 g; protein: 2 g
Raspberries	1/2 cup (approx. 62 g / 2.2 oz)	calories: 32; fat: 0.4 g; net carbs: 3.34 g; protein: 0.74 g	calories: 52; fat: 0.665 g; net carbs: 5.44 g; protein: 1.2 g
Strawberries	1/2 cup of whole (approx. 72 g / 2.5 oz)	calories: 23; fat: 0.22 g; net carbs: 4.13 g; protein: 0.48 g	calories: 32; fat: 0.3 g; net carbs: 5.68 g; protein: 0.67 g
Blackberries	1/2 cup (approx. 72 g / 2.5 oz)	calories: 31; fat: 0.35 g; net carbs: 3.12 g; protein: 1 g	calories: 43; fat: 0.49 g; net carbs: 4.31 g; protein: 1.39 g
Blueberries	1/2 cup (approx. 74 g / 2.6 oz)	calories: 41; fat: 0.24 g; net carbs: 8.81 g; protein: 0.54 g	calories: 57; fat: 0.33 g; net carbs: 12.1g; protein: 0.74 g

# Condiments, Sauces and Others

Condiments	serving	macros (per serving)	macros (per 100 g / 3.5 oz)
Lemon juice	1 tbsp (15 ml / 0.5 oz)	calories: 4; fat: 0 g; net carbs: 1 g; protein: 0.1 g	calories: 26; fat: 0 g; net carbs: 8.5 g; protein: 0.39 g
Mustard	1 tsp (5 g / 0.18 oz)	calories: 4; fat: 0.2 g; net carbs: 0.1 g; protein: 0.2 g	calories: 66; fat: 4 g; net carbs: 1.7 g; protein: 4.4 g
Mayonnaise	1 tbsp (13.8 g / 0.5 oz)	calories: 94; fat: 10 g; net carbs: 0.1 g; protein: 0.1 g	calories: 680; fat: 75 g; net carbs: 0.6 g; protein: 1 g
Apple cider vinegar	1 tbsp (15 ml / 0.5 oz)	calories: 3; fat: 0 g; net carbs: 0.1 g; protein: 0 g	calories: 22; fat: 0 g; net carbs: 0.9 g; protein: 0 g
Extra Virgin Olive Oil	15 ml / 13.5 g (1 tbsp)	calories: 119; fat: 13.5 g; net carbs: 0 g; protein: 0 g	calories: 884; fat: 100 g; net carbs: 0 g; protein: 0 g
Basil leaves, fresh	2 tbsp, chopped (5.3 g / 0.19 oz)	calories: 1; fat: 0 g; net carbs: 0.1 g; protein: 0.2 g	calories: 22; fat: 0.6 g; net carbs: 1.1 g; protein: 3.2 g
Basil leaves, dried	1 tbsp, ground (4.5 g / 0.16 oz)	calories: 11; fat: 0.2 g; net carbs: 0.4 g; protein: 1 g	calories: 233; fat: 4.1 g; net carbs: 10 g; protein: 23 g
Cayenne pepper	1 tsp (1.8 g / 0.06 oz)	calories: 6; fat: 0.3 g; net carbs: 0.5 g; protein: 0.2 g	calories: 318; fat: 17 g; net carbs: 30 g; protein: 12 g
Black pepper	1 tsp, ground (2.3 g / 0.08 oz)	calories: 6; fat: 0.1 g; net carbs: 0.9 g; protein: 0.2 g	calories: 251; fat: 3.3 g; net carbs: 39 g; protein: 10 g
Paprika	1 tsp (2.3 g / 0.08 oz)	calories: 6; fat: 0.3 g; net carbs: 0.4 g; protein: 0.3 g	calories: 282; fat: 13 g; net carbs: 19 g; protein: 14 g
Garlic powder	1 tsp (3.1 g / 0.11 oz)	calories: 10; fat: 0 g; net carbs: 2 g; protein: 0.5 g	calories: 331; fat: 0.7 g; net carbs: 64 g; protein: 17 g
Turmeric	1 tsp (2.2 g / 0.8 oz)	calories: 8; fat: 0.2 g; net carbs: 0.9 g; protein: 0.2 g	calories: 354; fat: 10 g; net carbs: 44 g; protein: 8 g

\* Onion, garlic, turmeric & ginger and their powders are ok in small amounts.

# Drinks List

Drinks	serving	macros (per serving)	macros (per 100 g / 3.5 oz)
Black coffee, no sweetener	1 cup (245 g / 8.64 oz)	calories: 2.4; fat: 0 g; net carbs: 0 g; protein: 0.3 g	calories: 0; fat: 0 g; net carbs: 0 g; protein: 0 g
Black coffee with 1 tbsp. of heavy cream added, no sweetener	1 cup (245 g / 8.64 oz)	calories: 51.8; fat: 5.6 g; net carbs: 0.4 g; protein: 0.6 g	-
Black, green or oolong tea	1 cup (245 g / 8.64 oz)	calories: 0; fat: 0 g; net carbs: 0 g; protein: 0 g	calories: 0; fat: 0 g; net carbs: 0 g; protein: 0 g
Herbal tea	1 cup (245 g / 8.64 oz)	calories: 0; fat: 0 g; net carbs: 0 g; protein: 0 g	calories: 0; fat: 0 g; net carbs: 0 g; protein: 0 g
Lemon water	1 cup of water with 1 tbsp. of lemon juice	calories: 4; fat: 0 g; net carbs: 1 g; protein: 0.1 g	-
Almond milk, unsweetened	1 cup (245 g / 8.64 oz)	calories: 40; fat: 3.6 g; net carbs: 1.4 g; protein: 1.5 g	calories: 17; fat: 1.5 g; net carbs: 0.6 g; protein: 0.6 g
Bone Broth	1 cup (245 g / 8.64 oz)	calories: 40; fat: 1 g; net carbs: 0 g; protein: 4 g	calories: 17; fat: 0 g; net carbs: 0 g; protein: 2 g

# Snacks List

Keto snacks	serving	macros (per serving)	macros (per 100 g / 3.5 oz)
Eggs	1 medium egg	calories: 63; fat: 4.2 g; net carbs: 0.3 g; protein: 6 g	calories: 143; fat: 10 g; net carbs: 0.7 g; protein: 13 g
Cucumber	1/2 cup, peeled, chopped (approx. 66 g / 2.3 oz)	calories: 8; fat: 0.1 g; net carbs: 1 g; protein: 0.4 g	calories: 12; fat: 0.2 g; net carbs: 1.5 g; protein: 0.6 g
Cherry Tomatoes	1/2 cup (approx. 75 g / 2.7 oz)	calories: 13.4; fat: 0.15 g; net carbs: 2 g; protein: 0.7 g	calories: 18; fat: 0.2 g; net carbs: 2.7 g; protein: 0.9 g
Pickles (pickled cucumbers)	1 cup (approx. 155 g / 5.47 oz)	calories: 16; fat: 0.3 g; net carbs: 1.6 g; protein: 0.5 g	calories: 11; fat: 0.2 g; net carbs: 1.1 g; protein: 0.3 g
Olives, pickled, green	28 g / 1 oz	calories: 41; fat: 4.3 g; net carbs: 0.2 g; protein: 0.3 g	calories: 145; fat: 15.3 g; net carbs: 0.5 g; protein: 1 g
Greek Yogurt, nonfat*	100 g / 3.5 oz	calories: 59; fat: 0.4 g; net carbs: 3.6 g; protein: 10 g	calories: 59; fat: 0.4 g; net carbs: 3.6 g; protein: 10 g
Macadamia Nuts*	28.4 g / 1 oz / 10-12 kernels	calories: 204; fat: 21 g; net carbs: 1.5 g; protein: 2.2 g	calories: 718; fat: 76 g; net carbs: 5 g; protein: 8 g
Brazil Nuts*	28.4 g / 1 oz / 6 kernels	calories: 186; fat: 19 g; net carbs: 1.4 g; protein: 4.1 g	calories: 656; fat: 66 g; net carbs: 4 g; protein: 14 g
Almonds*	28.4 g / 1 oz / 23 kernels	calories: 163; fat: 14 g; net carbs: 2.5 g; protein: 6 g	calories: 576; fat: 49 g; net carbs: 10 g; protein: 21 g
Cheddar Cheese*	28.4 g / 1 oz	calories: 114; fat: 9 g; net carbs: 0.4 g; protein: 7 g	calories: 402; fat: 33 g; net carbs: 1.3 g; protein: 25 g