

# Vegetarian Keto Foods List

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## Vegetables

- Artichokes
- Asparagus
- Bean & Alfalfa Sprouts
- Bell Peppers (aka Capsicum)
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Carrots
- Cucumbers
- Eggplant (aka Brinjal/Aubergines)
- Garlic\* & Ginger \*
- Green onions & Onions\*
- Green Chilies
- Gourds (Bitter,snake, bottle etc)
- Herbs (Cilantro,parsley, Basil etc)
- Jicama
- Leafy greens (Spinach, bok choy, lettuce, kale, arugula, swiss chard etc)
- Mushrooms
- Olives
- Okra (aka Bhindi)
- Snow peas \*
- Squash (Zucchini, yellow, opo etc)
- Turnips
- Tomatoes \*
- Tindora (aka Ivy gourd)
- Tinda

## Fruits

- Avocado
- Blue berries
- Black berries
- Coconut flesh
- Lemons/Limes
- Raspberries
- Strawberries
- Star fruit

## Nuts/Seeds/Fats/Oils

- Brazil nuts
- Pecans & Pistachios
- Macadamia nuts
- Cashews\* & Peanuts\*
- Almonds\*
- Chia seeds
- Flax seeds
- Hemp seeds & Sesame seeds
- Pumpkin seeds
- Sunflower seeds
- Pine nuts\*
- Olives
- Olive oil
- Coconut oil
- Butter & ghee
- Avocado oil
- Flax seed oil
- Walnut oil
- MCT oil
- Sesame oil
- Peanut butter\*





## Dairy

- Cheese (cheddar, brie, feta, etc)
- Eggs
- Greek Yogurt
- Heavy/Whipping cream
- Half and Half
- Paneer (Indian cottage cheese)
- Butter & Ghee
- Sour cream



## Flour

- Almond flour
- Coconut flour
- Flax seed meal
- Psyllium husk (Isabgol)

## Condiments /Seasonings

- Apple Cider Vinegar
- Coconut milk/Cream - full fat
- Sugar free spices & seasonings
- Garlic powder
- Onion powder
- Rice vinegar- sugar free
- Soy Sauce\*
- Ketchup - sugar free
- Mayonnaise
- Turmeric
- Black & White pepper
- Whole spices( Bay leaf, fennel etc)
- Himalayan Pink Salt
- Lo or No salt - for potassium

## Sugar substitutes

- Stevia
- Erythritol
- Monk Fruit
- Allulose

## Drinks

- Black coffee/tea
- Green tea
- Herbal teas
- Almond milk - unsweetened
- Coconut milk - unsweetened
- Broth or Stock
- Plain Soda or Flavored - sugar free
- Tequila
- Sugar free Protein shakes

## Miscellaneous

- MultiVitamins & Supplements
- Cacao nibs
- Cacao powder - unsweetened
- Cocoa powder- unsweetened
- Cocoa butter
- Unsweetened chocolate
- Pickles(jalapenos, cucumbers,dill)
- Tofu
- Tempeh
- Seitan
- Protein powders(whey - unsweetened)
- Nutritional Yeast

\* Limit these foods & watch the quantity of consumption as they have higher carb content.

\* Use Soy products only if you feel good when you consume them, otherwise its better to limit them.

\* For best results always read the nutrition labels and calculate your macros, this will help you stay on track.

\* Look for sugar free options/substitutes