



# *Keto* **ALKALINE**

## **FOODS LIST**

**Foods & drinks to eat and avoid on a  
ketogenic and alkaline diet for great health,  
anti-inflammation and easy weight loss**

KETO  
DIET

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# EAT FREELY

(Organically grown - pasture-raised, pesticide & GMO-free wherever possible)

## MEATS & FISH

(Choose fattier cuts with skin & on the bone)

- Beef
- Chicken
- Lamb
- Turkey
- Duck
- Goat
- Venison
- Veal
- Buffalo
- Elk
- **Game birds** - pheasant, quail etc
- **All organ meats** of above animals - liver, kidneys, heart etc
- **Wild-caught oily fish with fins and scales** - salmon, mackerel, sardines.
- **Bone broths and stocks of above**
- Beef biltong & jerky (pasture raised, fatty)

## DAIRY & EGGS

- **Eggs** - organic free-range, pastured chicken, duck, goose, quail, pheasant
- **Raw cream**
- **Raw full-fat cheeses** - grass fed cow, sheep and goat - Roquefort etc
- **All types of kefir** - Raw or organic pasteurised cow milk, goat milk, sheep milk, coconut, water

## VEGETABLES

- **All green leafy vegetables and lettuces** - spinach, kale, swiss chard, lettuce, bok choy, mustard greens, turnip greens, carrot tips, chicory, romaine, iceberg, little gem, green/red batavia, radicchio, dandelion (p), nasturtium, chicory (p), watercress, rocket/arugula, lambs lettuce, beetroot greens, nettle (p), chives,
- **Micro-greens and seed sprouts** - broccoli, mustard cress, mung bean sprouts etc
- **All cruciferous vegetables** - broccoli, cabbage, cauliflower, brussels sprouts, radish, kohlrabi, horseradish, daikon, romanesco cauli, collard greens, maca, spring greens
- **Other non-starchy vegetables** - artichoke, Jerusalem artichoke (p), asparagus (p), avocado, baby corn, bamboo shoots, celery, endive, fennel, garlic, garlic (p), herbs (basil, cilantro, mint, parsley etc), jicama (p), kelp (p), leeks (p), mushrooms, olives, onion (p), okra, shallots, spring/green onions, water chestnuts, puréed or tinned tomatoes
- **Grasses** - organic wheatgrass juice, barley grass juice

**NB: All alkaline mineral rich foods (high in electrolytes are in green italics.**

# EAT FREELY

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## FATS & OILS

- *Raw butter or ghee*
- Grass-fed pasteurised butter or ghee
- Beef tallow
- Goat's milk butter (not for cooking)
- *Extra-virgin coconut oil*
- *Extra virgin olive oil (not for cooking)*
- *Coconut milk cream (no additives)*
- *Coconut butter*
- *Coconut meat (inc. dried and shredded)*
- *MCT oil*
- Duck fat
- Goose fat

## FERMENTED FOODS

- *Sauerkraut (raw, lacto-fermented)*
- *Kimchi (raw, lacto-fermented)*
- *Dairy probiotic foods listed - such as kefir and raw milk products*
- *Pickled vegetables (raw, lacto-fermented)*

## DRINKS

- *Filtered water*
- *Non-caffeinated herbal teas*
- *Chicory drink (coffee replacement)*
- *Alkaline greens juice*
- *Bone broth*
- Sparkling mineral water

## CONDIMENTS & OTHER

- *Organic spices, herbs and pepper*
- *Unrefined sea salt and rock salt*
- Mustard (no artificial additives)
- *Apple cider vinegar (raw, with mother)*
- Balsamic vinegar (no artificial additives)
- Mayonnaise (made with only natural oils, no vegetable oil)
- *Fresh guacamole (no artificial additives)*
- Raw home-made salad dressings, dips and marinades (no sugar or vegetable oil)
- Extracts such as vanilla, almond, lemon oil, rose water (no preservatives or sugar)

## NOTES

- (p) = prebiotic food (feeds probiotic good bacteria)
- Keto Life macro ratios are 80% high quality fat, 10% protein and 5% carbs
- It is best to avoid foods that contain lectins (harmful plant 'sticky' proteins, including gluten that cause inflammation and leaky gut)
- Aim to eat 3 (or 2) meals per day and no snacks to avoid unnecessary insulin spikes.

# EAT IN MODERATION

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## FATS & OILS

- *Flax oil (not for cooking)*
- *Avocado oil (not for cooking)*
- *Hemp seed oil (not for cooking)*
- *Expeller-pressed sesame oil (not for cooking)*
- *Walnut oil (not for cooking)*

## DAIRY & EGGS

- Organic pasteurised heavy/double cream
- Organic clotted cream
- Organic cheeses - including cream cheese, sour cream, cottage cheese, crème fraîche
- Goat and sheep milk cheeses - Roquefort, Feta, Halloumi, Ricotta, Chavroux etc
- *Coconut milk yoghurt (non-dairy, non-soy, home-made)*
- *Raw milk*
- *Raw milk yoghurt*
- Home made raw milk ice cream with low-carb sweetener

## NUTS & SEEDS

- *Flax seed (raw, ground)*
- *Sesame seeds*
- *Tahini (sesame butter)*
- *Macadamias (raw, soaked/sprouted)*
- *Macadamia butter*

- *Almond flour*
- *Coconut flour*
- *Chia seeds (raw and soaked)*
- *Psyllium husks*

## CONDIMENTS & OTHER

- *Maca root*
- 100% dark chocolate
- Cocoa/cacao
- *Cocoa butter*
- *Carob powder*
- *Cod liver oil (good quality)*
- *Spirulina*
- *Chlorella (cracked wall)*
- *Collagen and gelatine supplements*

## DRINKS

- *Green tea*
- Black tea
- Black coffee and keto coffee
- *Freshly squeezed lemon or lime juice in warm water*
- *Green smoothies (with organic veg, no fruits)*
- *Kombucha (very low sugar)*
- *Kvass - beet or rye bread*
- *Freshly squeezed veg juices*
- *Unsweetened nut milks - almond, coconut, hemp (home made)*

# EAT VERY SPARINGLY

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## GENERAL

- Non-organic versions of the foods on the 'eat freely' and 'eat in moderation' lists

## ROOT VEGETABLES

- *Carrots*
- *Beetroot*
- *Turnip*

## FRUITS

- *Grapefruit*
- *Lemons*
- *Limes*
- *Rhubarb*
- *Gooseberries*
- Blackberry
- Blueberries
- Raspberries
- Strawberries
- Green bananas (p)
- In-season local fruits

## SUGARS & SWEETENERS

- Stevia
- Erythritol
- Monk fruit extract
- Yacon
- Raw honey
- Date syrup
- Pure maple syrup

## DAIRY

- Organic pasteurised unhomogenised full-fat milk
- Organic full-fat natural and Greek yoghurt
- Goats & sheep milk yoghurt

## NUTS & SEEDS

- *Almonds (raw, soaked/sprouted)*
- Hazelnuts (raw, soaked/sprouted)
- Walnuts (raw, soaked/sprouted)
- Brazils (raw, soaked/sprouted)
- Pecans (raw, soaked/sprouted)
- Pistachio Nuts (raw, soaked/sprouted)
- Pine Nuts
- Pili nuts

## CONDIMENTS & OTHER

- Home made chutneys and pickles (no sugar)
- *Chestnuts*
- Dark chocolate (80% or greater)

## DRINKS

- Probiotic fermented fruit drinks - ginger, elderflower, apple, orange
- *Green smoothies (with organic veg, small amount of fruit)*
- Naturally fermented alcoholic drinks (with no preservatives or additives) - beer, wine, Champagne/Prosecco, cider
- Strong alcoholic spirits

# DO NOT EAT

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## MEAT & FISH

- Pork
- Rabbit
- All shellfish such as mussels, crab, prawns, oysters, lobster
- Fish without fins or scales such as skate, shark, sturgeon, eels, monkfish, squid
- All carrion-eating birds and animals
- All processed meats and fish such as polony, salami, corned beef, fish fingers

## DAIRY & EGGS

- All non-organic, conventional, processed or factory farmed dairy milks, cheeses, yoghurts, creams, ice creams and eggs

## OTHER PROCESSED FOODS

- All commercial, refined, heat-treated, denatured or artificial foods such as breads, baked goods, sauces, pastries, tinned foods, microwave meals, fast food, breakfast cereals, confectionery, sweets, chocolate, jam, ice cream, condensed milk, frozen yoghurt, protein powders and bars, cereal bars, white pasta and noodles, crisps, chips, salami, processed meats, all soy products, anything with any artificial colours, flavours, preservatives etc.

## SUGARS & SWEETENERS

- White refined sugar cane or sugar beet
- All artificial sweeteners such as aspartame, sucralose, acesulfame K, saccharin, xylitol, sorbitol, erythritol, high-fructose corn syrup, glucose, fructose
- Golden syrup
- 'Natural' syrups - agave and rice malt
- 'Natural' sugars coconut and rapadura
- Molasses

## FATS & OILS

- All industrial seed oils such as vegetable oil, canola, oil, cottonseed oil, rapeseed oil, hydrogenated oil, safflower oil, soybean oil, peanut oil, corn oil, sunflower oil
- Non-extra virgin olive oils
- All margarines and spreads
- Lard
- Shortening

## DRINKS

- All soda drinks, energy drinks and diet sodas
- Commercial fruit juices and smoothies (even raw)
- Fruit cordials
- Milkshakes and flavoured milk
- Artificial alcoholic drinks
- Soya milk

## FRUITS

- **All fruits** - other than those listed earlier

## GRAINS

- **All grains and flours** - *buckwheat, millet, quinoa*, wheat, corn, rice, barley, oats, spelt, rye, bulgur etc

## LECTIN-CONTAINING FOODS

### High-carb:

- **All beans** - *kidney beans, black beans, navy beans, white beans, broad beans, green beans*, chickpeas/ garbanzo beans, haricot beans, pinto beans, lima beans,
- **All lentils** - *red, green, brown, puy*
- Cashews
- Peanuts
- *Pumpkin seeds*
- *Sunflower seeds*
- Chili, cayenne, paprika pepper
- Grain-fed meat and dairy
- All grains
- Soy
- Potatoes
- Squashes
- Goji berries
- Most other fruits
- Grain-fed meat and dairy

### Low-carb - can eat if deseeded & peeled or pressure cooked:

- *Zucchini/courgette*
- *Tomatoes*
- *Cucumber*
- *Aubergine/eggplant*
- *Bell peppers*

# A Note From Laura...



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*“Eat according to the Keto Alkaline Foods List and you’ll drop any excess weight quite effortlessly, balance your hormones, prevent insulin spikes, reduce inflammation and boost your immunity!”*

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## ABOUT THIS FOODS LIST...

This foods list is the result of over 18 years of research, training, interviewing and working with the world’s top doctors and nutrition specialists, as well as trial and error in my own life. This is what has worked with my coaching clients and thousands of people all over the world to get healthy and lose weight - for good. It is backed up by solid nutritional, biological and physiological science.

It has an optimum balance of **healthy foods for a ketogenic diet**: Animal and plant-based foods, the correct fats, the correct proteins and is low-carb - to prevent insulin spikes, hormonal imbalances and unhealthy sugar cravings and to promote your body using ketones for fuel. Plus it shows you the **alkaline-forming foods** - rich in alkaline mineral electrolytes such as Potassium, Magnesium, Calcium and Sodium.

This way of eating maximises fat loss, restores your gut and ‘microbiome’ to spark healing and regeneration your body and mind, **minimises ‘keto flu’** and it follows Biblical Old Testament principles of ‘clean’ and ‘unclean’ foods.

I have extensive training and coaching on the principles behind the Keto Alkaline Foods List on [my website](#) and in my [‘Keto Life’ health coaching course](#), as well as tasty and healthy real-food recipes - do check them out, I’d love for you to join and to help you on your health journey!

[www.LauraRimmer.com/ketolife1](http://www.LauraRimmer.com/ketolife1)