

superfoods for therapeutic ketosis

who people seeking to achieve therapeutic ketosis for chronic conditions such as cancer, epilepsy, Alzheimer's or dementia

how Reduced insulin load while maximising nutrient density as much as possible

nuts, seeds & legumes

- coconut milk
- macadamia nuts
- coconut cream
- coconut
- pecans
- brazil nuts
- sesame seeds
- flax seed
- hazel nuts
- sunflower seeds
- pine nuts
- walnuts
- almonds
- peanut butter
- almond butter
- peanuts
- pumpkin seeds
- butternuts
- sesame butter
- pistachio nuts

dairy and egg

- cream
- butter
- sour cream
- cream cheese
- egg yolk
- cheddar cheese
- limburger cheese
- Swiss cheese
- brie
- camembert
- feta
- goat cheese
- blue cheese
- Monterey cheese

- muenster cheese
- gruyere cheese
- Colby
- whole egg
- edam cheese
- gouda cheese

animal products

- bacon
- sweetbread
- liver sausage
- pepperoni
- bologna
- beef tongue
- kielbasa
- beef brains
- bratwurst
- salami
- blood sausage
- knackwurst
- pork ribs
- liver pate
- beef sausage
- meatballs
- frankfurter
- turkey bacon
- pork sausage
- duck
- chorizo
- lamb
- turkey
- lamb brains
- headcheese
- park sausage

seafood

- mackerel
- cisco

- caviar
- sardines
- herring
- trout

vegetables & fruit

- olives
- avocado
- alfalfa
- curry powder
- endive
- chicory greens
- escarole
- coriander
- broccoli
- poppy seeds
- paprika
- sage
- beet greens

fats & oils

- sunflower oil
- peanut oil
- palm kernel oil
- coconut oil
- olive oil
- soybean oil
- grapeseed oil
- duck fat
- mayonnaise
- beef tallow
- lard
- walnut oil
- soy oil