

# Keto Diet Quick Guide

## How to Make Keto Recipes (Short Summary)

Keto recipes focus on low-carb ingredients and healthy fats. Start with a protein source like chicken, eggs, fish, or paneer. Cook it using butter, ghee, olive oil, or coconut oil. Add low-carb vegetables such as spinach, broccoli, or cauliflower. Season with salt and simple spices. Avoid sugar, grains, and starchy vegetables. This simple method keeps meals keto-friendly and easy to prepare.

## Long Keto Grocery List

### Proteins

Eggs, chicken breast, chicken thighs, turkey, beef, pork, lamb, salmon, tuna, sardines, shrimp, paneer, tofu

### Healthy Fats

Butter, ghee, olive oil, coconut oil, avocado oil, mayonnaise (sugar-free)

### Low-Carb Vegetables

Spinach, lettuce, cabbage, cauliflower, broccoli, zucchini, cucumber, mushrooms, asparagus, bell peppers, green beans

### Dairy (Full Fat)

Cheese, cream cheese, heavy cream, full-fat yogurt, mozzarella, cheddar

### Nuts & Seeds

Almonds, walnuts, macadamia nuts, chia seeds, flax seeds, pumpkin seeds

### Pantry Items

Salt, black pepper, herbs, spices, vinegar, mustard, bone broth, sugar-free sauces

## Foods to Avoid on Keto Diet

Food Type	Examples
Sugars	White sugar, brown sugar, honey, syrup
Grains	Wheat, rice, oats, corn
Starchy vegetables	Potatoes, sweet potatoes, carrots
Fruits (high sugar)	Banana, mango, grapes
Processed foods	Chips, biscuits, packaged snacks
Sweet drinks	Soda, fruit juice, energy drinks
Bakery items	Cake, cookies, pastries