



KETO WHOLE FOODS CHALLENGE

SNACK LIST

We have provided some brands that make good, whole food keto options (no additives), but not all the flavors/products are included so **read all ingredient labels**.



Pork Rinds

Avoid brands fried in oil. Look for varieties fried in lard such as **Epic** and **4505 Meats**.



100% Dark Chocolate

Eating Evolved and **Baker's Chocolate** are great options.



Low-Carb Fruit

Berries, avocado, kiwi...etc.



Nuts

Peanuts are a legume, making them off limits for the whole foods keto challenge. Almonds, walnuts, Brazil, macadamia, and pecans are all great options.



Nut Butters

Choose natural nut butters (not peanut butter) that are made with just nuts and salt.



Meat snacks

Epic Brand and **Chomps** meat sticks are good options.