

KETO PYRAMID

REAL FOOD | REAL SCIENCE | REAL RESULTS

AVOID

Grains
Refined Carbohydrates
Alcoholic Beverages
High Sugar Foods
Vegetable Oils
Starchy Vegetables



SOMETIMES

Low Sugar Berries
Pork Crackling
90% & Above Dark Chocolate
Nut Butter
Heavy Cream
Nuts & Seeds
Coffee



MOSTLY

Meat: Chicken, Beef, Pork, Bacon, Lamb
Fish, Shellfish
Dairy: Cheese, Greek Yoghurt
Eggs, Tofu,
Unsweetened Nut Milk
Avocados, Green, Leafy Vegetables
(usually above ground)
Oil: Coconut, Olive & Avocado
Good Fats



EVERYDAY

Alpha Lipid™ Ultra Diet™ 2
Carb Bal
FibreMax™
ShakeUp
Water
Non-Sugar Drinks
Herbal Tea



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